

# If they choke you? ...Throw them!

Last time we were looking at options from the front choke, they are linked again here in case you missed them the first time.

- [The walk though](#)
- [The walk through to sankyo](#)

So let's look at another option from this entry.

## ==>Front Scissor Throw<==

Your position after breaking the choke works very well with where your body needs to be to do a front scissor throw. One thing to keep in mind is that this is a sacrifice throw. That is, you are sacrificing a standing position for a ground position, so if something goes wrong you're lying on the ground at their feet.

One thing you could do to make this less risky is to give them a knee to the stomach or the groin as you pass through. This should keep their mind occupied long enough for the throw. (I didn't show the knee in the video but should have, but I think you should be able to figure it out)

Next week we will look at another variation of this technique which also works nice if they are trying to push you backwards.

Cheers,

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