

# What do you do if they choke you... walk on by!

Somebody quickly reaches out and starts to choke you, what do you do? Most people will try to back away which is one of the worst things you could do. Some of you would say him hit. A good response, but what if you didn't want to hurt them then what would you do?

Have a look at the video below for one possible option.

[==>Walk through from front strangle<==](#)

Now I have to admit that the technique in this video is only PART of a technique NOT a full technique. You would rarely ever not want to establish some sort of control over your attacker (even if they were a drunk or mad friend). But it is a concept that can lead into many other options.

We will be exploring a few of these options over the next couple of weeks.

This technique works because we are working against their balance, taking away their leverage and using our whole body against one aspect of theirs. All good jiu-jitsu has it's origins in these basic principles. In short if it's hard you're doing it wrong!

[==>Walk through from front strangle<==](#)

Next week we will look at one possible lock from this entry.

Oh and this will also works great against a double handed lapel or shirt grab too.

Cheers,

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