

### Counters to the shoulder throw

#### 1. Hip-push to rear choke.

As your opponent comes in to throw you, push him off balance by shoving his hip. Then apply a rear choke.



153

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# Jeet Kune Do Entering To Trapping To Grappling

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Jeet Kune Do (Chinese: 截拳道; Cantonese Yale: jìht kyùhn douh; [tsɿːl̩.kʰɿːn.tòu]), or "The way of the intercepting fist" in Cantonese, abbreviated JKD, is a hybrid philosophy of martial arts heavily influenced by the personal philosophy and experiences of martial artist Bruce Lee. Lee founded the system on July 9, 1967, referring to it as "non-classical", suggesting that it is a ...

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