

Ho Sin Sul

Ho Sin Sul are ways to escape from attackers who grab, choke or attempt some other form of assault, especially one where they get hold of your body or clothes. While these moves are a memorized form of defense, in a real attack, you can expand or change the moves so as to better suit your physical ability as well as the uniqueness of the situation you face. If the memorized sequence calls for a stomp to the solar plexus and you do a stomp to the ribs, your attacker will not lower your score. The only question is, has the move worked to defend you and disable your attacker. Naturally, during tests, you must do the moves in the required manner. While practicing, do not injure your partner by doing the moves with excessive force. Many of these moves can cause serious injury and you must show control by doing them in a safe manner. The same is true if you are an attacker. Do not injure an opponent with a choke or other attacks done with full power. If your partner does the move correctly, cooperate. If your partner is using too much pressure, you may signal by slapping your hand on the ground. You may also stomp your foot or say "RELEASE". If your partner stomps or slaps the ground, let go immediately. Always work in a cooperative manner with your partner. By doing so, you learn to do the moves correctly but also in a safe manner, avoiding unnecessary injuries.

Defense against wrist grabs:

1. **ATTACK:** Reach straight across with your right hand and grab opponent's wrist.
DEFENSE: Ki the hand, step back with the right leg and making the hand into a fist, pull your fist to your back shoulder. Once you have broken loose, do a Side Kick to the solar plexus.
2. **ATTACK:** Reach straight across with your left hand and grab opponent's wrist.
DEFENSE: Attacker has hold of your right wrist. Reach over with your left hand and grasp the Knifehand edge of your partner's hand, putting your thumb in the center of your partner's hand. Turn their hand over and bend their hand back. Place your other hand on their hand so that both thumbs are next to each other. Put enough pressure on the wrist, so that it forces your partner over in a bent position. Do a twisting kick with your right leg toward partner's face.
3. **ATTACK:** Reach diagonally across with your right hand and grasp your partner's right wrist.
DEFENSE: Move your trapped (right hand) to the right and then quickly back to the left, twisting upward and to the right to break loose. Immediately grab your partner's hand with your right hand and while turning it, apply pressure with your left hand to their upper arm. You may use the forearm for greater force. STEP forward with your left leg while continuing to apply pressure on their arm until they are turned and bent over.
4. **ATTACK:** Reach diagonally across with your left hand and grasp your partner's left wrist.
DEFENSE: Ki the left hand and step forward with the left foot, while pulling partner's hand back and up, moving your left hand toward your right shoulder. Make sure and pull against partner's thumb to break loose. Attack partner with a Knifehand outward strike.

5. **ATTACK:** Choke with both hands on your partner's neck.
DEFENSE: Step back with your left foot and do a middle block inward to break the choke, followed by a Backfist. If you are left handed, step back with the right leg and use your left hand for the middle block, Backfist combination.

6. **ATTACK:** Choke with both hands on your partner's neck.
DEFENSE: Right Punch to solar plexus from June – Bi, followed by kneeing the groin with your right leg. Raise and cross both your hands as Knifehands and do a Knifehand wedging block, separating your partner's hands and putting your hands on either side of partner's head while at the same time lowering the leg you used to attack the groin, placing your foot forward and to the left, landing past your partner's right side. Grab partner's head and apply enough pressure to force the head back and throw the person to the ground.

7. **ATTACK:** Reach forward with your right hand and grasp partner's lapel.
DEFENSE: Use your left hand to grasp the outside of your partner's hand, placing your thumb in the center of their hand. Place your right hand next to your left, both thumbs in the center of partner's hand. Apply pressure, pushing hand forward in a wrist lock, while at the same time stepping forward with your right foot, stepping well past your partner's right side. With enough pressure, your partner will fall. Once they are down, keep hold of their hand and release your right hand and punch to partner's face.

8. **ATTACK:** Reach forward with your left hand and grasp partner's lapel.
DEFENSE: Use your left hand to grasp the outside of your partner's hand, placing your thumb in the center of their hand and turn their hand. As soon as possible, get both hands on partner's hand. Bend their arm upward, forcing the person down. Step on their leg, placing your right foot below their knee so as to force the leg to the ground. Be careful not to injure your partner. Raise the arm to the center of their back, while at the same time, keeping your right foot pressed on the back of their leg, above their knee.

9. **ATTACK:** Grab partner's lapels with both hands.
DEFENSE: Raise both of your hands and interlock your fingers. At the same time step back with your right foot landing in a front stance. Drive both hands down onto partner's arms to break the hold. Release your hands and making fists drive forward using a twin vertical punch.

10. **ATTACK:** Grab partner's lapels with both hands.
DEFENSE: Grab both of their hands with both of yours, putting your thumbs in the center of each hand. As you turn the hands over, step back with the right leg, creating two wrists locks and forcing your partner to bend over. Drive up with your right knee into their face. **DO NOT**

ACCTUALLY MAKE CONTACT! Another approach is to grab partner's thumbs instead of the back of their hands.

11. **ATTACK:** Grab partner from behind, pinning their arms to their sides.
DEFENSE: Stomp down with your left foot on the top of partner's foot. Step out with your left foot into a horse stance and drive both arms forward, while at the same time thrusting back with your lower body. This action, if done with sufficient force, should break the hold on your arms. Drive your right elbows back into partner's solar plexus, followed by a Back fist to the face. Step forward and do a Side Kick to the solar plexus with your right leg.

12. **ATTACK:** Grab partner from behind, pinning their arms to their sides.
DEFENSE: Use your right hand to pinch the inside of their partner's leg. Shift your weight from side to side to loosen partner's grip. Look back and strike with a right Knifehand to partner's groin. Grasp partner's right arm, placing one hand far up partner's arm and the other on the wrist. Step back with your left foot and twist to the left while dropping your right shoulder, causing Attacker to fall. Keep hold of the arm and stomp to the solar plexus.

13. **ATTACK:** Choke from behind placing your right arm around partner's neck.
DEFENSE: Turn your head toward Attacker's elbow and bury your chin in the crook of their arm to prevent Attacker from constricting your throat. Drive your right elbow back into partner's ribs or solar plexus. Grasp Attacker's arm high up and on or near the wrist. Step back with your left foot and twist to the left while dropping the right shoulder. After they fall, place your right foot on their neck. Remember to use control and don't injure your partner.

14. **ATTACK:** Choke with your right arm, placing the left hand on top of the head in a neck breaker choke.
DEFENSE: Stomp down with your right foot on partner's instep. Reach up with your left hand and grasp one of partner's fingers from the hand that is on top of your head. Keeping hold of their finger, twist to the right. Turn partner's hand so their palm is up, keeping pressure on their finger. Two Snapping Front Kicks to the groin.

15. **ATTACK:** Grab partner's waist without pinning the arms.
DEFENSE: Reach down and grab most accessible leg with both hands and lift up causing partner to fall. Kick to partner's groin with the leg that is in the best position to drive down.

16. **ATTACK:** Grab partner's waist without pinning the arms.
DEFENSE: Look to the right and drive your right elbow back to strike partner's head. Repeat this attack on the left side. Dig one of your knuckles into the top of partner's hand between the 2nd and 3rd fingers to force the hand open. If partner's left hand is on top, dig with your left hand and grab finger with your right hand. If partner's right hand is on top, dig with your right hand and grab with the left. Turn, while keeping hold of the finger, do a thrusting front kick to the groin.

17. **ATTACK:** Grab both of your partner's wrists from behind.
DEFENDER: Step forward, cross arms and then move them outward, to break grip. Look to the right and drive the right elbow back toward their jaw. Deliver a right Side Kick to Attacker's knee.
18. **ATTACK:** Grab both of your partner's wrists from behind.
DEFENDER: Do a back kick with your right leg to partner's knee. When you lower your right leg, place it behind and to the outside of partner's foot. Raise your left hand while lowering the right. Turn to the right and break free of their grip and grasp both of their wrists. Force their arms up and cross them so they are in an X. Twist to the left and throw opponent over your right leg. In practice, lower partner to the ground. In a real situation, you can throw partner with full power. After partner is down, place your knee on the solar plexus and keep arms out as far as possible.
19. **ATTACK:** Grasp partner's belt with your right hand.
DEFENDER: Position your right arm across your chest and your left arm in a similar position but lower with arms above and below partner's arm. Step forward with your right foot to the side and land past partner. Rotate arms, pushing right arm forward and lower arm back, capturing partner's arm as you take a second step forward. This will cause your partner to fall. After they land, drive your right knee into their solar plexus. Lock their arm in an arm bar by using your right hand to grab your own arm. In practice, do not use full power.
20. **ATTACK:** Left hand grabs partner's belt.
DEFENSE: Grasp partner's left hand with your right hand and do a LEFT palm heel strike to the chin. Add your right hand to lock partner's left hand and step back with your right foot, putting pressure on the wrist lock to turn partner. Do a left side kick to partner's knee or leg and pull with both hands to guide their fall. After they land, do a double Front Kick to the face, using your right foot.
21. **ATTACK:** Partner has their back to you. Place your right hand on their right shoulder.
DEFENSE: Grab their hand with your right hand, turn their hand so that their palm faces up, as you pull their hand forward. Place your other hand on their arm for a stronger hold. Raise their arm and bring it down on your right shoulder with their elbow on or forward of your shoulder to break their arm. Keeping hold of their arm with your left hand, drive your right elbow back into their body. Grasp their arm with both hands, step back with your left foot and twist to the left, dropping your right shoulder to throw the person. Keep hold of their arm and stomp to the face.
22. **ATTACK:** Partner has their back to you. Place your left hand on their left shoulder.
DEFENSE: Raise your left arm in an L position and pivot on the left foot so you turn and land facing the side of your partner. Grasp their arm with both hands, with left hand on their wrist

and right hand on their elbow. (Alternately, you may place your right forearm on their upper arm.) Pivoting on your right foot, swing your left foot around while applying pressure to partner's arm. Keep hold of their arm and pin them to the ground. If they fail to fall as you pivot, you may continue swinging around, but place your right foot in front of them and trip them over your leg.

23. ATTACK: From June – Bi, step forward with your right foot into a front stance and do a right middle punch.

DEFENSE: Step forward and out of the way by moving your left foot forward and if necessary sliding your right foot forward and slightly to the left. Grab partner's wrist and upper arm and force then down. Lift your left leg over your partner's body and arm, landing so that you straddle their arm with both of your legs. Put your left hand on their shoulder. Keep hold of their wrist with your right hand and turn their hand so their palm faces forward. Have both of your feet facing forward and push the right knee forward and left knee back. This puts pressure on the arm and if done correctly causes excruciating pain to your partner, so apply pressure gently and release the pressure if your partner slaps or says "RELEASE."

24. ATTACK: Attack with a right step forward into a front stance and a right middle punch.

DEFENSE: Move forward and to the left, just as in DEFENSE 23. Place your hands on each side of partner's arm, palms facing each other. Bring arms together. If done with force, this injures arm, so use control. Lift arm so it is straight and swing arm to your left, while at the same time sweeping partner's right foot with your left foot. Use their arm to guide the fall. After they land, turn their arm in a clockwise direction. This will turn their body so you can stomp on their ribs with your right foot.