

Ho Sin Suls for Brown Belts

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. 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 and pull with both hands to guide their fall. After they land, do a double Front Kick to the face, using your right foot.