

Ho Sin Suls for Green Belt

Choke from in front

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 kneeling 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.

Right and left lapel grabs

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.