

Ho Sin Suls for Orange Belt

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.