

Ho Sin Suls for Purple Belts

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 has his right hand on top, dig with your right hand and grab their finger with your left hand. If partner has left hand on top, dig with your left hand and grab with your right. Grasping the finger, turn, keeping hold of the finger. Do a thrusting front kick to the groin.