

Ho Sin Suls for Red Belts

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 them 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.

