

Self-defense (Ho Sin Sool)

Same Side Grip # 1

1. Drill left hand down while stepping with left leg forward to left corner into horse stance
2. Bring left hand up and back fist to attackers face
3. Bring left hand down, and hammer fist to groin area
4. Use the right hand and ridge hand to the face

Same Side Grip # 2

1. Grab attacker's right hand with left hand, step with the left foot, and chop to the neck area with the right hand.
2. Pull attacker down with the right hand, and right knee strike.

Same Side Grip # 3

1. Bend left hand in, and grab the attacker's right hand with your right. Step left and shift to right leg front stance. Step backwards with the right leg.
2. Punch to the face with the left hand
3. Roundhouse kick with the right foot.

Same Side Grip # 4

1. Bend left hand, bring left hand outward until your wrist faces the ceiling. Put your right thumb on the back of the attackers and place the left one right next to it. Pull down as you step back with the right foot.
2. Front kick with the right foot and land forward in a horse stance
3. Elbow to the back of the neck with the right hand while still holding attacker with the left.