

# Self-defense (Ho Sin Sool)

## Two Hands on One # 1

1. Step with the right foot to the right corner at a 45° angle in a horse stance and drill down.
2. Point right finger tips up and lift hand. Using leverage from your waist, bring the right hand up and place the left hand under attackers  
Right elbow and step with the left foot into a front stance.
3. Elbow with the left hand to the neck.

## Two hands on One # 2

1. Grab your own finger tips by bringing your left hand over the top, drop into a left leg back back stance, and pull finger tips towards  
your own shoulders simultaneously.
2. Chop with the left hand ( in a clearing motion) while kicking upward to the groin with the right foot.
3. Land forward and punch right.

## Two hands on One # 3

1. Step with the right foot to the right corner at a 45° angle in a horse stance and drill down  
(grab attackers right and with your left while  
Drilling down)
2. Step counter clock wise with the right foot twice and get submission from opponent.
3. Reverse punch with right hand to middle area.