

Self-defense (Ho Sin Sool)

Two hand on Two # 1

1. Turn right palm up and step with the right foot to the right side. Using your waist pull hands to the right hand side at the same time
2. Using the waist, twist back towards opponent and chop middle with the left, and high with the right hand.

Two hand on Two # 2

1. Step with the right foot to the right side, bringing the left hand underneath the opponent's left hand.
2. Shift to a left leg front stance and pin opponents hands down with the left hand, and chop to the neck with the right.

Two hand on Two # 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.

Two hand on Two # 4

1. Step with the right foot to the right corner at a 45° angle in a horse stance and drill right hand down, at the same time use your left to grab their left hand.
2. Finger tip strike to the groin with the right hand, and then grab the attackers left hand with your right hand (also, so both hands are holding their left), Step clockwise with the left leg until you end up facing the attacker again and wait for the submission.
3. Punch left handed to the middle area.