

HO SIN SUL

Beginning Protocol

- Same as Il Soo Sik method:
 - o Attention, Bow, Choon Be

Techniques #1 - #5 - Characteristics: escapes from a front grab

- #1 SAME SIDE GRAB- Attacker R grabs Defender L
- #2 CROSS HAND GRAB – Attacker R grabs Defender R
- #3 SIDE SHOULDER GRAB – Attacker R grabs Defender L shoulder
- #4 LAPEL GRAB – Attacker R grabs Defender L lapel
- #5 FRONT BELT GRAB – PALM UP – Attacker R grabs Defender belt

Techniques #6 - #10 - Characteristics: escapes from rear grabs

- #6 REAR BELT GRAB (R)– PALM DOWN
- #7 BACK COLLAR GRAB (R) – PALM DOWN
- #8 ARM LOCK (R) AND ARM GRAB (L)
- #9 REAR CHOKE (R) AND ARM GRAB (L)
- #10 SIDE HEADLOCK NECK CHOKE – (R)

Techniques #11 - #15 – Characteristics: escape from side grabs

- #11 SIDE SHOULDER GRAB (R)
- #12 SIDE HAND GRAB (R)
- #13 PROTECTING ATTACH FROM THE BACK (PURSE OR BOOK GRAB) (R)
- #14 SIDE ARM GRAB (AT WRIST) (R)
- #15 BUDDY GRAB FROM L SIDE (R)

Techniques #16 - #20 – Characteristics: Two hand attacks front and rear

- #16 FRONT TWO HAND GRAB
- #17 DOUBLE WRIST GRAB FROM REAR
- #18 TWO HAND LAPEL GRAB FROM FRONT
- #19 REAR BEAR HUG (UNDER ARMS)
- #20 REAR BEAR HUG (OVER ARMS)

**Techniques #21 - #25 – Characteristics: Defense from knife attack
(front) *GOAL: GAIN CONTROL OF THE KNIFE***

#21 KNIFE FRONT THRUST ATTACK

#22 KNIFE OVERHEAD STAB ATTACK

#23 KNIFE CROSS SLASH ATTACK

#24 KNIFE “ICE PICK”/SLASH ATTACK

#25 KNIFE AGAINST COLLAR/THROAT (R) – POINT BLANK

**Techniques #26 - #30 – Characteristics: Defense from attacks while
sitting or lying down**

#26 ATTACK WHILE SITTING ON A BENCH

#27 ATTACK FROM SIDE WHILE SITTING

#28 REAR NECK CHOKE WHILE SITTING ON THE GROUND

#29 ATTACK WHILE LYING ON THE GROUND

#30 DEFENSE AGAINST WHILE MOUNTED, PINNED AND CHOKED