



# **Practice-at-Home Sheet**

## **Ho Sin Sul**

**(Self-Defense Techniques Against Grabs)**

Following is a brief explanation of the 30 Ho Sin Sul techniques, listing both the type of attack and the response. This is provided simply as a “cheat sheet” or memory aide. Students are required to know both the Attacker’s Role and the Defender’s Role when testing for black belt.

Anyone wishing for much greater detail can find it in “Volume III – The Dae Ryun”, which is a book written by Grandmaster Shin and available for purchase through the World Tang Soo Do Organization. Each technique has a detailed description and photos of the technique being applied.

### **Procedure:**

Attacker and defender stand facing each other in ready stance “choon bee”.

Attacker initiates the process by grabbing the defender with his/her right hand.

Defender completes the technique, ending with a loud “Ki-Hap!”.

Partners return to ready stance before going on to next technique.

At the beginning and ending of the training session, partners should “Cha Ryut” (come to attention) and “Kyung Yet” (bow) to each other.

## ATTACKER

## DEFENDER

1.	With right hand, reach straight forward and grab the defender's left wrist.	Step in with left foot, pull your left hand free, left hand chops to the neck or temple.
2.	With right hand, reach across the defender's body to grab the defender's right wrist.	Step in with left foot, chop down on attacker's wrist with left hand, pull right hand free and chop palm up with right hand to the neck or temple.
3.	With right hand, reach straight forward and grab defender's left shoulder.	Lift up left arm, swing around attacker's arm and lock your forearm and push up on the elbow creating an arm bar.
4.	With right hand, grab the lapel of the defender's jacket.	Right hand on back of attacker's hand. Peel the hand off and push on the elbow to take the attacker down to the ground.
5.	With right hand, grab the defender's belt, palm facing up.	Place hands under the elbow. Pull up and back.
6.	From behind and with your right hand, grab the defender's belt, palm facing down.	Step back with your left leg, Reach over the attacker's arm and lock out the elbow. Step back with right leg, twist and force the attacker to the ground.
7.	From behind and with your right hand, grab the back collar, palm facing down.	Step back with your left leg. Reach under and over the attacker's arm and lock out the elbow. Step back with right leg, twist and force the attacker to the ground.
8.	From behind, grab both wrists, pushing defender's right arm up their back.	Twist left wrist and pull to escape. Turn and put left hand on back of attacker's elbow and press down to force him to the ground.
9.	From behind, use your right arm to grab around the neck in a choke hold.	Tuck your chin in the crook of the attacker's elbow so you can breathe. Step left leg behind attacker and elbow to the mid-section, sending him to the ground.
10.	From behind, use your right arm to place defender in a head lock.	Step left leg behind attacker, reach left arm behind to grab attacker by the collar or under the chin or nose and push attacker over your leg to the ground.
11.	From the side, right hand grabs the shoulder.	Right hand on back of attacker's hand. Peel the hand off and push on the elbow to take the attacker down to the ground. (Basically the same as #4.)
12.	From the side, right hand grabs the left wrist.	Twist left hand palm up. Reach under with your right hand to peel off attacker's hand and twist attacker to the ground.
13.	From behind, right hand grabs left elbow. ("purse-snatch grab")	Lift left arm up. Turn towards the attacker. Bend attacker's arm back and drive to the ground.
14.	From the side, right hand grabs the left wrist.	Lift up left hand and grab attacker's wrist. Pull attacker towards you and side kick to the ribs.
15.	From the side, right arm grabs around the shoulders. ("buddy grab")	Left hand on lower back. Right hand behind the neck. Pull down as knee comes up.

16.	From the front, grab both wrists with both of your hands.	Twist left hand palm up. Reach under with your right hand to peel off attacker's hand and twist attacker to the ground. (Basically the same as #12.)
17.	From the back, grab both wrists with both of your hands.	Kick back with right leg. Step to the left into horseback stance while bringing arms up over your head. Grab attacker's right hand with your left hand. Step behind attacker with your left foot and force his arm up his back.
18.	From front, grab jacket lapel with both hands.	Reach across both hands and place your right hand on back of attacker's right hand. Peel the hand off and push on the elbow to take the attacker down to the ground. (Basically the same as #4.)
19.	From the back, bear hug under the arms.	Stomp on attacker's foot with your right foot and step right into horseback stance. Reach between your legs to lift up attacker's leg and push back to force to the ground. Left back kick to the groin.
20.	From the back, bear hug over the arms.	Step right into horseback stance while forcing arms up. Left elbow strike back.
21.	Straight knife attack from the front.	Step back with right leg into horseback stance and block with left hand outside/inside. Grab attacker's hand with both hands (thumbs on the back of the hand pointing up). Twist attacker's arm counter-clockwise, taking them to the ground.
22.	Overhead downward knife attack from the front.	Block up with left arm. Step right leg behind attacker as right arm goes under attacker's arm and around his neck. Grab your right hand with your left hand behind the attacker's head, choking the attacker.
23.	With right hand, slash outside to inside.	Step right. Put heels of hands together, left hand on top, and block attacker's wrist. Swing attacker's arm down in front of you and step forward with left foot and swing attacker's arm up and onto your shoulder, elbow joint facing up. Pull down on the arm while pushing up.
24.	With right hand, slash inside to outside.	Step forward to the left. Right hand inside/outside block, grab wrist and extend left arm across attacker's neck, (ending up behind the attacker.) Hyper-extend the attacker's arm and choke against the neck.
25.	Hold lapel with left hand, right hand holds knife to the neck.	Hands come up in defensive posture. Bring left hand down on attacker's wrist, rotating the blade away from the neck. Twist the attacker counter-clockwise, taking him to the ground.

26.	Defender is seated on ground or chair. Attacker approaches as if to grab or choke.	Depending on which of the attacker's legs is in front.... Kick with one foot then hook other foot around the outside of the knee and push with first foot on inside of the knee pulling leg forward and forcing them to the ground.
27.	Defender is seated on ground or chair. Attacker sits to the side and places his right arm around your shoulders.	Left elbow to the ribs, back fist to the face, right hand palm strike under the chin. Left arm goes under and over attacker's arm. Grab your left hand with your right, creating an arm bar. Roll the attacker off the chair to the ground.
28.	Defender kneels or sits on the ground. Attacker places right arm around the neck from behind.	Reach back with right hand grabbing the attacker. Twist your body forward and roll attacker over your shoulder to the ground.
29.	Defender is lying on the ground. Attacker approaches as if to grab or choke.	Depending on which of the attacker's legs is in front.... Kick with one foot then hook other foot around the outside of the knee and push with first foot on inside of the knee pulling leg forward and forcing them to the ground. As you roll to get up, follow-up with a kick to the face.
30.	Defender is lying on the ground. Attacker straddles your body and chokes you with both hands.	Strike inside of attacker's elbows. Grab attacker's head with your hands and twist it to the left or right, using your hips to help roll the attacker off of you onto their own back. Roll on top of attacker and punch to the face. <i>(Note: for safety during practice, we usually grab the attacker's jacket instead of the head.)</i>