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| **ILL HOSIN SUL** |

FIRST SELF DEFENSE SERIES

NOTE: Your *Strong Side* is your right side if you are right handed and yourleft would be

your *Weak Side.* It is the opposite if you are left handed.

(1). *Bear Hug Grab From The Rear.* Immediately drop your weight and lower your center of gravity. Deliver a rear head-butt strike to your attackers face to loosen their bear-hug hold. Use your weak side hand to cross grab their wrist and pull it away from your body. Maintain hold on their wrist and deliver 2 separate, powerful back elbow strikes to their ribsthen slide your hips towards your weak side and deliver a hammerfist strike to the groin with your strong hand. *(Ki-Hap* Disengage your attacker and step back into a fighting stance.

(2). *Two-Hand Front Collar Grab.* Using your weak side hand, reach over your attacker’s arms and grab their opposite wrist firmly. Raise your strong side hand straight up over your head and simultaneously step ½ turn with your strong side foot to the inside of your attacker, dropping into a side stance. Bring your strong side hand down and trap your attacker’s hands against you. Use your weak side hand to control your attacker’s hands and deliver a Horizontal Back Elbow strike to the face with your strong side elbow *(Ki-hap)*. Disengage your attacker and step back into a fighting stance.

(3). *Two-hand Rear Collar Grab.* Raise your weak side hand straight up over your head and simultaneously step ½ turn with your weak side foot to the inside of your attacker, dropping into a side stance. Bring your weak side hand down and trap your attacker’s hands / arms. Grab your attacker with your strong side hand and deliver a strong side knee strike to the stomach, groin or ribs. *(Ki-Hap)*. Disengage your attacker and step back into a fighting stance.

(4). *Same-side Front Collar Grab (either side).* Using your opposite hand execute a snapping Vertical Backfist or Palm-Attack to the nose (distraction technique). Cross grab with the same hand, get a good grip on your attackers hand and step back into a fighting stance. (step back with the leg that is on the same side as the hand that you are using to cross grab with). As you step back rotate attackers hand so that their palm is up and bring your weak side hand up to assist. Keep their hand in close to your center. Apply pressure to their hand pushing their palm in the direction of their shoulder. Once they are bent over, deliver a snapping bridge kick to their ribs with your back leg *(Ki-Hap).* Disengage your attacker and step back into a fighting stance.

(5). *Headlock Grab from rear (either side) .* Use your outside hand to immediately strike any available target (groin, stomach, or elbow to inner thigh) as a distraction technique. With your other hand reach up over your attackers shoulder and decentralize him/her by grabbing their hair or cupping your hand under their chin and pull in a backward and downward direction. Deliver a hand strike with your outside hand to the stomach or groin. (*Ki-Hap).* Disengage your attacker and step back into a fighting stance.

### SCHWARTZ’S SCHOOL OF TAE-KWON-DO

Established 1993 Scottdale, PA

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| **ILL HOSIN SUL (Continued)** |

FIRST SELF DEFENSE SERIES

NOTE: Your *Strong Side* is your right side if you are right handed and yourleft would be

your *Weak Side.* It is the opposite if you are left handed.

(6). *Two-Hand Front Collar Grab.* Step into a Front Straight Stance (weak side foot) and execute a High Prayer Press Block. Then execute a double outside-in knifehand attack to the neck (both hands simultaneously). Grab their head (or hair) and deliver a strong side Vertical Knee strike to the face *(Ki-hap).* Disengage your attacker and step back into a fighting stance.

(7). *Lead Hand Grab (from fighting stance).* Quickly rotate your hand in a short counterclockwise circular motion and grab your attacker’s wrist. Step forward with your strong side foot into a side stance and deliver a strong side horizontal front elbow strike to the face, jaw, temple or back of the head. *(Ki-hap)*. Disengage your attacker and step back into a fighting stance.

\**Optional Technique:* Before stepping in with the Elbow attack you can choose to deliver a front leg Quarter Ball, Side Snap or Roundhouse kick to your attacker without letting go of their wrist. The target would depend on which kick you used. Quarter Ball to groin, lower stomach or solar plexus. Side Snap to ribs. Roundhouse to stomach. After the kick, step forward and deliver the Elbow strike.

(8). *Two-hand Wrist Grab/Pull (either side).* Resist being pulled forward. As your attacker is pulling you, time your movement to utilize momentum as you step forward with your back leg and deliver a Horizontal Front Elbow strike to your attackers face. *(Ki-Hap)*. Disengage your attacker and step back into a fighting stance.

\**Optional Technique:* Instead of a Horizontal Front Elbow you could choose to throw a Hook Punch or a Palm Attack. This option may be dictated by whether or not you step in close enough to make contact with the Elbow strike.

(9). *Same-side Wrist Grab (either side).* Step forward into a quarter Side Stance (with the foot opposite the wrist that is being grabbed) and execute a snapping Horizontal Palm Press Block with your free hand. Using the same hand that you blocked with, deliver a Snapping Horizontal Backfist or Horizontal Back Elbow to the jaw of your attacker *(Ki-Hap).* Disengage your attacker and step back into a fighting stance.

(10). *Two-Hand Front Collar Grab (push against the wall) .*  Raise both hands above your head and execute a downward strike (knifehand or hammerfist) to your attackers arms. Load up your strong side arm and deliver a Horizontal Front Elbow to their jaw followed by a Horizontal Back Elbow or Horizontal Hammer Fist to the other side of their face *(Ki-hap).* Disengage your attacker and move away from them into a fighting stance.

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Established 1993 Scottdale, PA

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