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| **YEE HOSIN SUL** |

SECOND 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). *Stepping in Haymaker Punch (right hand, attacker steps through with the punch).* Step into a Side Stance and execute a Double Forearm Block. Immediately grab your attacker’s wrist and deliver a Horizontal Back Elbow strike to the ribs or the jaw (or both). *(Ki-hap)*. Disengage your attacker and step back into a fighting stance.

(2). *Straight Punch to the face (right hand from a fighting stance).* Execute an Inside-out Inverted Forearm Block (left hand) followed immediately with a snapping Upward Palm Attack to the nose (right hand). The attacker brings both hands up to cover their face and steps back. Follow up with a right leg Snapping Bridge kick to the groin or a Front Snap Kick to the stomach / solar-plexus. *(Ki-hap)*. Disengage your attacker and step back into a fighting stance.

(3). *Rear Headlock punch to the face (either side, step in front).* Bring your outside hand up (open palm) to immediately block the strikes coming towards your face. 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 upward and backward direction. Deliver a Hammerfist or Downward Angular Elbow strike (outside hand) to the solar-plexus. (*Ki-Hap).* Disengage your attacker and step back into a fighting stance.

(4). *Collar Grab punch to the face (either side).* Quickly bring your hand up to cover the head and block the strike then immediately use your other hand to grab your attacker and deliver a Vertical Knee strike to the target of your choice. *(Ki-Hap).* Disengage your attacker and step back into a fighting stance.

(5). *Thumb Choke from the front .* Step into a Front Straight Stance (weak side foot) and execute a High Prayer Press Block. Then deliver a double Outside-in Knifehand attack to the neck (both hands simultaneously). Grab the back of their head (or hair) with your weak hand, and deliver a strong side Horizontal Front Elbow as you pull their head into your strike. *(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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|  **YEE HOSIN SUL (Continued)** |

### (6). *Forearm Choke from the rear (right arm).* Reach up with your right hand and apply pressure to the radial nerve as your pull down on your attacker’s arm. Turn your head to the left to check body alignment and deliver a Hammerfist strike to the groin. Grab your attacker’s right wrist with your left hand and lift it over your head as you load up your right elbow. Step towards the rear of your attacker and deliver a Horizontal Front Elbow strike to the face. *(Ki-hap).* Disengage your attacker and step back into a fighting stance.

(7). *Forearm Choke from the front (left arm, against the wall).* Place your right palm on your attacker’s elbow and place your left palm on your attacker’s chin. Simultaneously using a quick motion push the elbow horizontally and push the chin upwards and backwards. The right palm then slips behind your attacker’s neck for control as you deliver 2 angular knee strikes to the solar-plexus with your left knee. Be sure to load up the knee strikes. Follow up with a Downward Vertical Elbow to the back (right elbow). *(Ki-hap)*. Disengage your attacker and step back into a fighting stance.

(8). *Snapping Bridge Kick to the groin (right leg).* Step into a front straight stance (left leg) and execute a solid Low X-wrist Block remembering to keep your hands in a tight fist. Immediately open the hands and trap the leg with your left arm. Follow up with your choice of technique(s) *(Ki-Hap)*. Disengage your attacker and step back into a fighting stance.

9). *Front Kick to the body (right leg).* Quickly step forward into a Quarter Side Stance with your left leg (avoiding the kick) and execute a solid Outside-in Forearm Block causing your attacker to spin away from you. Follow up with your choice of technique(s) *(Ki-Hap)*. Disengage your attacker and step back into a fighting stance.

(10). *Roundhouse Kick to the front leg (right leg, plant forward).*  As your attacker kicks you, check the kick by executing a Vertical Front Leg Block (left leg). Immediately follow this up with a Horizontal Front Elbow strike (right elbow) to your attackers face *(Ki-Hap)*. Disengage your attacker and step back into a fighting stance.

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