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| **SAM HOSIN SUL** |

THIRD SELF DEFENSE SERIES

(1). *Bear Hug Grab From The Rear.* Drop your weight and deliver a rear head-butt strike, use your weak side hand to cross grab their wrist and pull it away from your body, followed by two elbow strikes to their ribs *(Ki-Hap)*. Raise your attackers arm over your head and step behind them simultaneously bringing your strong side arm up to their neck executing a forearm choke.

(2). *Same-side Front Collar Grab (either side).* Reach up with a same side grab to the attackers hand (do not grab their wrist) and get a good grip over their thumb/ palm and rotate their hand outward (show them their palm). With your other hand simultaneously deliver a snapping Palm Attack to the nose (*Ki-Hap).* Step back (with the foot on the side you initiated the grab) into a fighting stance as you simultaneously bring your assist hand to the knife edge of their hand and rotate outward and downward (show their palm to the floor). Maintain control of their wrist as your attacker falls to the ground. Deliver your choice of strike to your attacker (optional), then disengage your attacker and step back into a fighting stance.

(3). *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) and deliver a Vertical Knee strike with your strong leg, release your strong hand (maintain control of their head with your weak hand) hip shift away, load up 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.

(4). *Mounted Choke.* With knees bent and feet flat on the floor, explode your hips upward causing your attacker to fall forward and plant their arms on the floor. Grab one of their wrists with both hands and pull their arm across their body. Roll them off of you (lifting up with the opposite hip) and deliver a strike of your choice (Ki-hap). Disengage your attacker and step back into a fighting stance.

(5). *Haymaker Punches .* Time your attackers punch, change levels and execute a takedown (single or double leg). Move to a full mount position. Follow up with a strike of your choice (*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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| **SAM HOSIN SUL (Continued)** |

THIRD SELF DEFENSE SERIES

(6). *Roundhouse Kick to the Body (Right leg kick).* From a fighting stance or a neutral stance, step in with your left leg and execute a Hanging Forearm Block with your left hand and a Vertical Forearm Guard with your right hand (simultaneously). As the kick makes contact with your left arm, immediately trap the leg and execute follow-up techniques of your choice *(Ki-hap).*

Disengage your attacker and step back into a fighting stance.

(7).  *Ground Defense.* From a ground-fighting defensive position, execute a leg takedown (Roundhouse Kick, Hook Kick or Push-Pull) as your attacker moves in to strike you. Execute follow-up techniques of your choice *(Ki-hap).* Disengage your attacker, return to your feet and step back into a fighting stance.

(8). *Downward stick attack to the head (right hand).*  As the strike comes in step into a front straight stance (left foot) and execute a High X-Wrist Block (block their hands, not the stick) flowing into wrist control of their stick hand with your left hand. Execute follow-up techniques of your choice *(Ki-hap).* Take control of the stick.Disengage your attacker and step back into a fighting stance.

(9). *Swinging stick attack (one hand).* As the forehand strike comes in quickly move back to avoid it. As soon as the strike misses you, explode forward executing a Double-Forearm Block and immediately wrap up their striking hand with your right hand. Execute follow-up techniques of your choice *(Ki-hap).* Take control of the stick.Disengage your attacker and step back into a fighting stance.

(10). *Baseball Bat swing attack (two hands).* As the bat is swung at you quickly move back to avoid it. As soon as the strike misses you, explode forward executing a Double-Forearm Block and immediately wrap up their hands/arms with your right hand. Execute follow-up techniques of your choice *(Ki-hap).* Take control of the bat.Disengage your attacker and step back into a fighting stance.

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