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| **SAH HOSIN SUL** |

 FOURTH 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)*. Hip throw.

(2). *Haymaker Punch.* Duck under, Quarter-Ball kick, Horizontal Back Elbow.

(3). *Short* *Haymaker Punch.* Drop down to a knee, upward Ridgehand or Chicken-wrist, takedown and mount.

(4). *Rear-Naked Choke.* Reach up and peel off top hand, get wrist control of both hands, lift overhead and turn facing attacker then finish with Vertical knee strike.

(5). *Ground Fighting Defense (from your back).*  As your attacked moves towards you, kick to create space and get back to your feet without putting your hands down.

(6). *Downward Knife Attack.* High X-wrist Block flow into wrist control, control head and wrist, Vertical knee strike. Follow-up may include takedown. Secure knife.

(7). *Slashing Knife Attack.* Move back slightly and skip in on the backswing, Double Forearm Block, wrap up and secure the arm with the knife, follow up.

(8). *Lunging Knife Attack.*  Move away from the lunge (outside and forward), trap the arm with the knife, follow up. Secure weapon.

(9). *Stick Defense against Knife Attack.*

(10). *Stick Defense against Stick Attack (or Baseball Bat).*

### SCHWARTZ’S SCHOOL OF TAE-KWON-DO

Established 1993 Scottdale, PA

1/2/17