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| **OH HOSIN SUL** |

FIFTH SELF DEFENSE SERIES

(1). ***Hair Grab / Pull (from the front, back or side)****.* Immediately use both hands to grab your attackers hand(s) and hold firmly against your head. Position yourself so that you are facing your attacker and deliver strikes of your choice. Snapping bridge kick to the groin is an excellent choice! *(Ki-Hap)*. Disengage your attacker, fighting stance!

(2). ***Knife to the throat (from behind)****.* Put your hands up and comply with their requests. If you feel that you must act, execute your knife defense and follow-up with techniques of your choice. Secure the weapon!

(3). *Gun to the body (front).* Put your hands up and comply with their requests. If you feel that you must act, execute your gun defense and follow-up with techniques of your choice. Secure the weapon!

(4). *Gun to the head (front).* Put your hands up and comply with their requests. If you feel that you must act, execute your gun defense and follow-up with techniques of your choice. Secure the weapon!

(5). *Gun to the back (very close).*  Put your hands up and comply with their requests. If you feel that you must act, execute your gun defense and follow-up with techniques of your choice. Secure the weapon!

*Number 6 – 10 in this series are Self Defense techniques of YOUR CHOICE! You get to choose what the attack will be and design your defense for it! Be creative but also be realistic! Do not use any attack that we used previously.*

### SCHWARTZ’S SCHOOL OF TAE-KWON-DO

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