

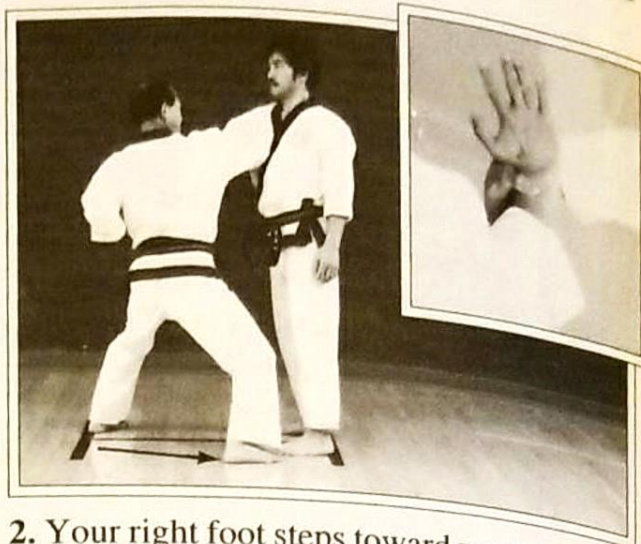
Self-Defense (Ho Sin Sool)

Cross-Hand Wrist Grip Number 1 - (Il Bon)

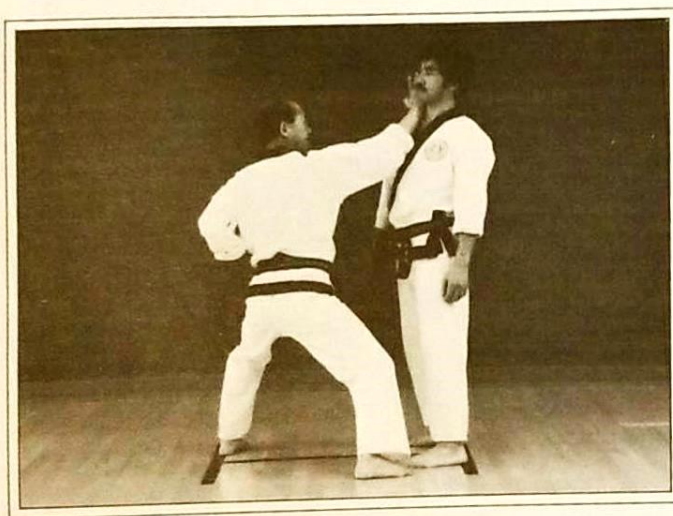


1. Opponent grabs your right wrist with his right hand.

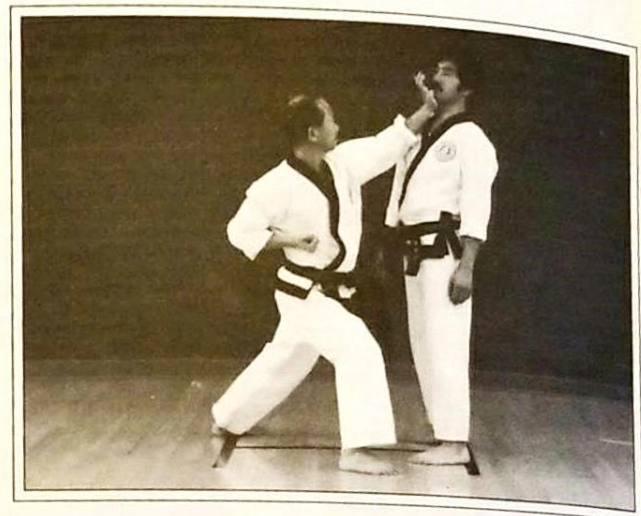
Note: Always maintain good eye contact (Si Sun) with your opponent.



2. Your right foot steps toward your opponent (diagonally) into a side stance (Sa Ko Rip Jaseh), simultaneously release the right hand by rotating it counter-clockwise over your opponent's gripping hand.



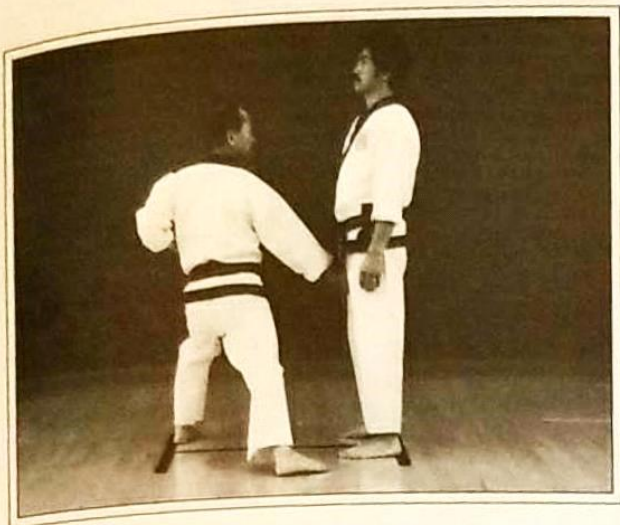
3. While in the same stance, perform a right hand knife hand (Soo Do) strike to the neck.



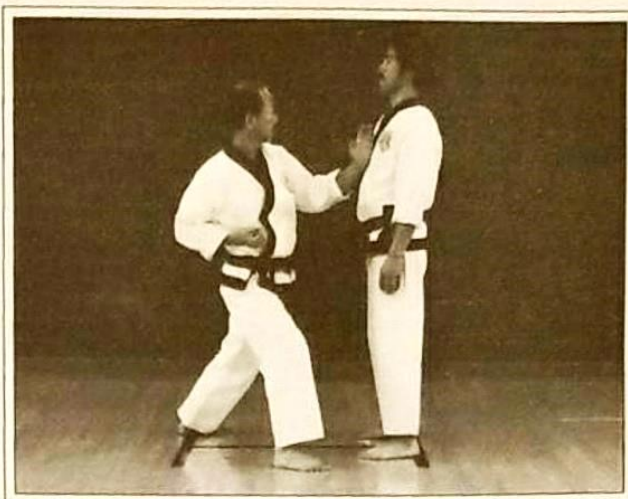
4. Perform a left hand palm heel (Jang Kwon) strike to the chin while pivoting into a right foot forward front stance (Chun Gul Jaseh).

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5. Perform a right hand spear hand (Kwan Soo) to the groin while pivoting into a left foot forward front stance (Chun Gul Jaseh). Be sure to Ki Hap when you strike.



6. Finish by pivoting into a right foot forward front stance (Chun Gul Jaseh) as your left hand extends toward your opponent for guard and your right hand chambers to the ready position.

Note:

1. Maintain eye focus (Si Sun) straight at your opponent at all times in order to maintain good awareness of every move you and your opponent make.

2. Open your hand and fingers before and during the release from your opponent's grip. Maintain awareness of the energy from the abdomen (Dan Jun), as it will give you energy to perform easily without tensing your moves.

3. A common mistake is to pull your hand away from the opponent rather than driving your elbow toward the opponent when releasing the grip in step #2.