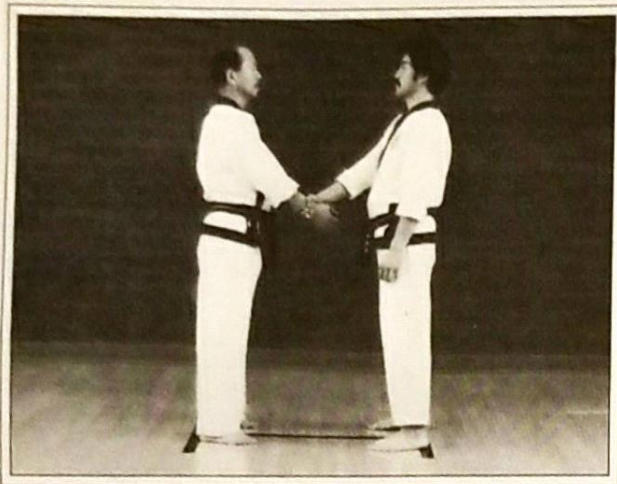


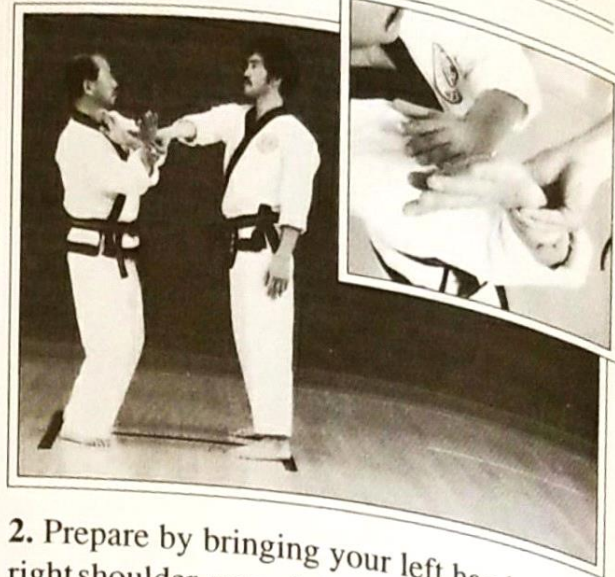
## Self-Defense (Ho Sin Sool)

### Cross-Hand Wrist Grip Number 2 - (E Bon)

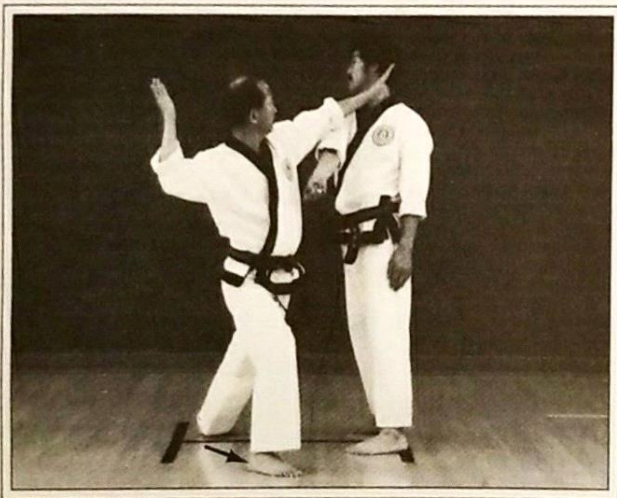


1. Opponent grabs your right wrist with his right hand.

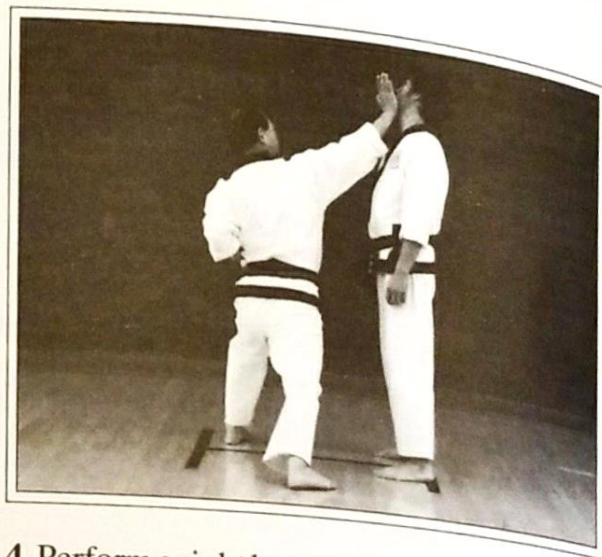
**Note:** Always maintain good eye contact (Si Sun) with your opponent.



2. Prepare by bringing your left hand to your right shoulder, your right elbow pushes toward the gripping hand (palm facing up) while dropping your weight and right elbow.



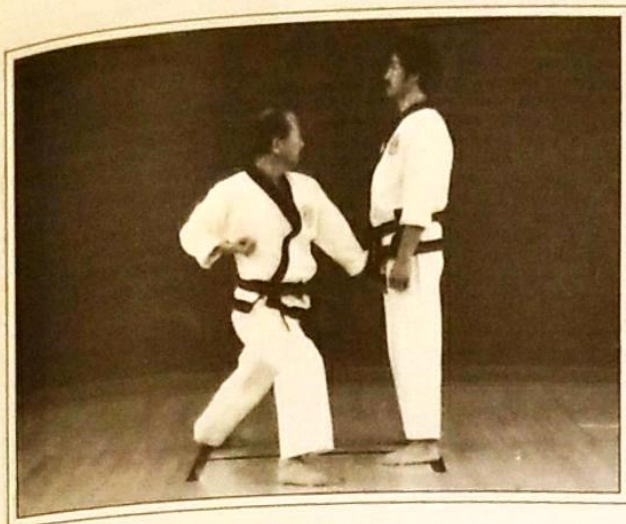
3. Your right foot steps diagonally to the right side into a right foot forward front stance (Chun Gul Jaseh), simultaneously releasing your right hand (hitchhiking type action) and performing a left hand knife hand (Soo Do) strike to the neck.



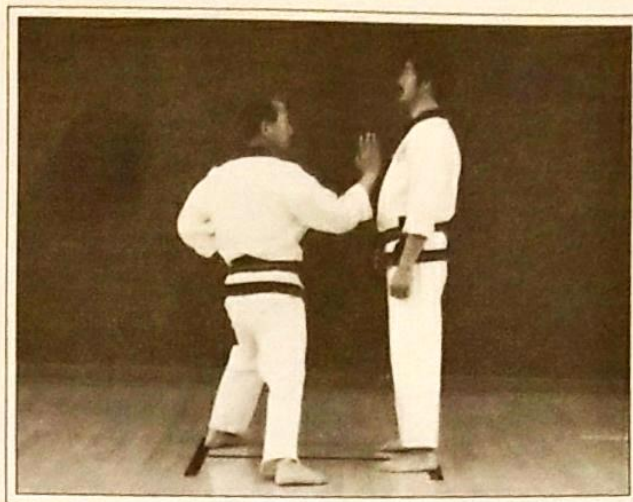
4. Perform a right hand palm heel (Jang Kwon) to the chin as you pivot into a left foot forward front stance (Chun Gul Jaseh).

## Self-Defense (Ho Sin Sool)

### Cross-Hand Wrist Grip Number 2 - (E Bon)



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



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

#### Note:

1. A common mistake is to pull your hand away from the opponent when releasing the grip in step # 2.
2. Before the release and Soo Do strike to the neck (in step #3), you must be able to loosen your opponent's grip. Study the important movements in step #2 very carefully.
3. Pivoting your stance with proper use of the hip will ensure powerful strikes and good balance.