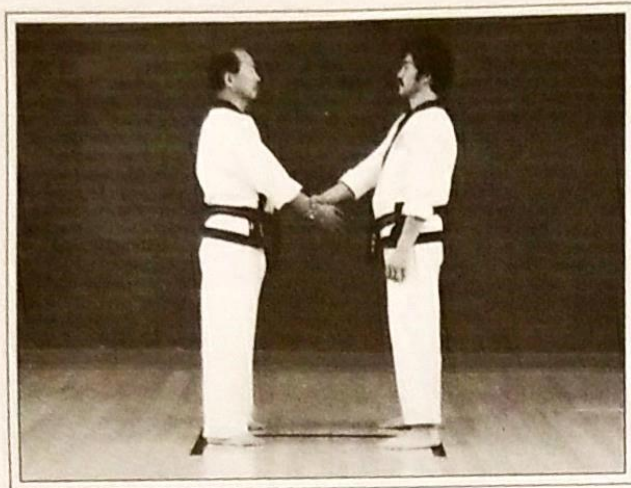


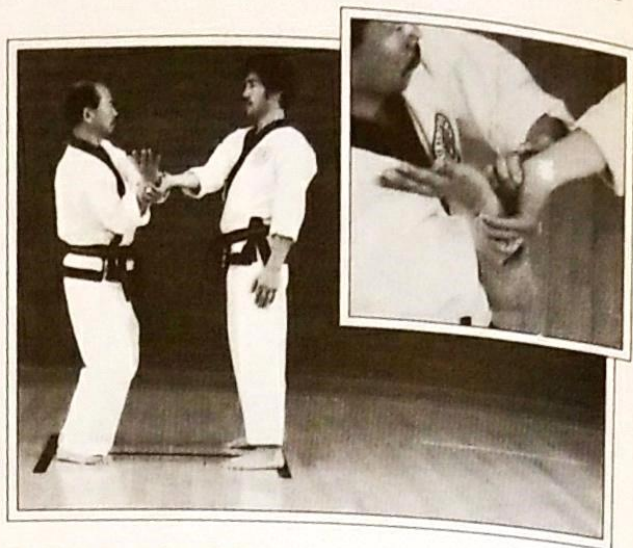
Self-Defense (Ho Sin Sool)

Cross-Hand Wrist Grip Number 3 - (Sam Bon)

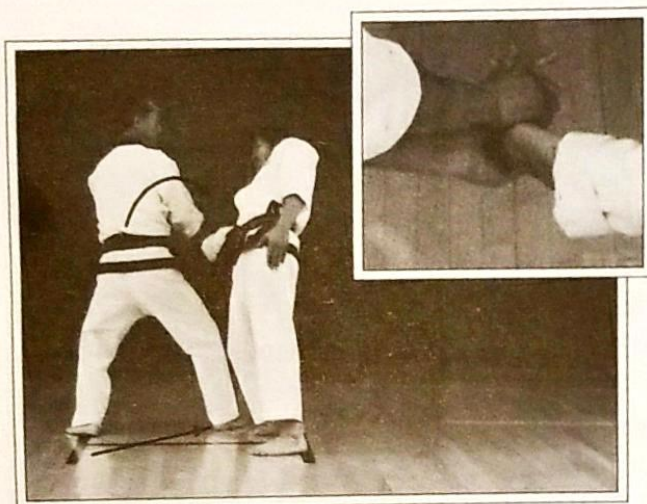


1. Opponent grabs your right wrist with his right hand.

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

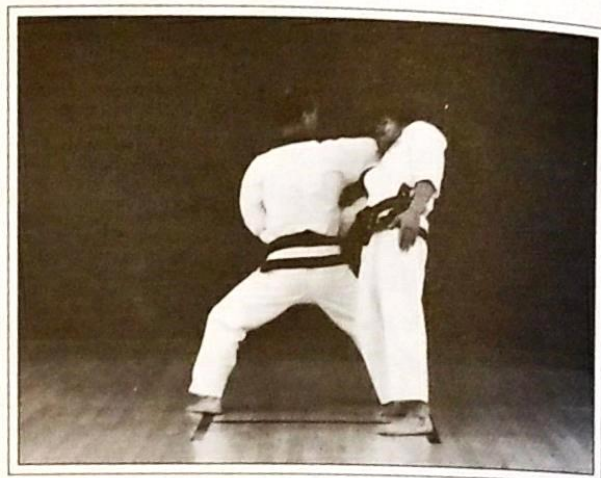


2. Prepare by dropping your right elbow and weight, as opponent's grip loosens, regrip opponent's hand with your left hand. (As you drop your right elbow, your right hand moves slightly in a counter-clockwise motion.)

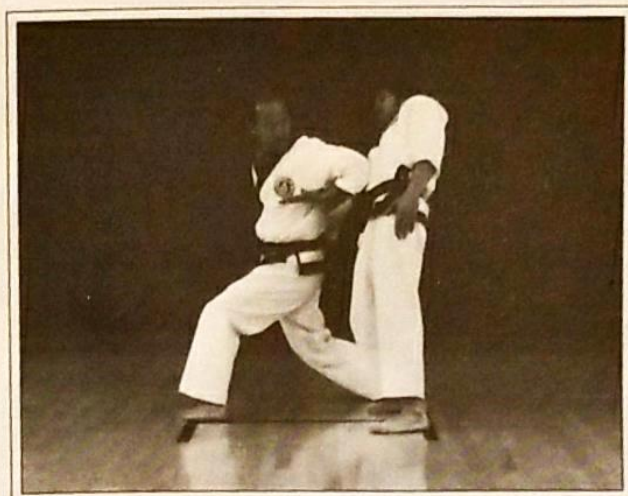


3. Simultaneously, your right foot steps toward your opponent's right side and your freed right hand presses down on your opponent's hand to break the wrist.

Note: Opponent must tap his leg with free hand when feeling pain from wrist break.



4. Upon hearing opponent's tap, while in the same stance, use a right back elbow strike to the face.



5. Regrip your opponent's right hand with your right hand and pivot 1/4 turn to the left as you execute a left hand elbow (Pal Koop) strike to the solar plexus/rib area. Ki Hap as you elbow strike.

Note:

1. You must be very careful when applying pressure to your opponent's wrist, as flexibility of the wrist differs from person to person.
2. Before you perform the first elbow strike, you must hear your opponent tap to ensure you have good control of your opponent with this technique.
3. When you perform the last elbow strike your weight is on your left foot, which is flat on the floor, your right foot rests on the ball of the foot.
4. Do not step too close to your opponent's body when applying pressure to the wrist in step #3, if you step too close your position is less secure and the technique is less effective.