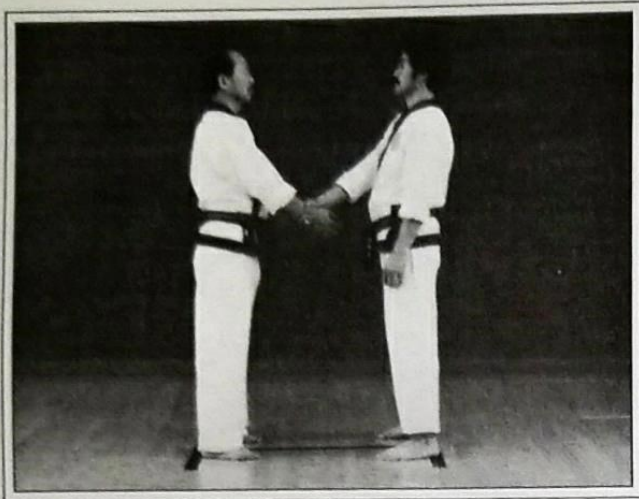


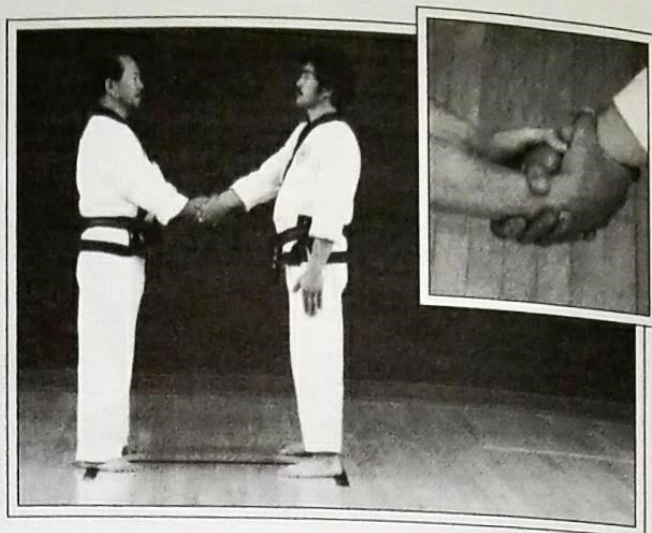
Self-Defense (Ho Sin Sool)

Cross-Hand Wrist Grip Number 4 - (Sa Bon)



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

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

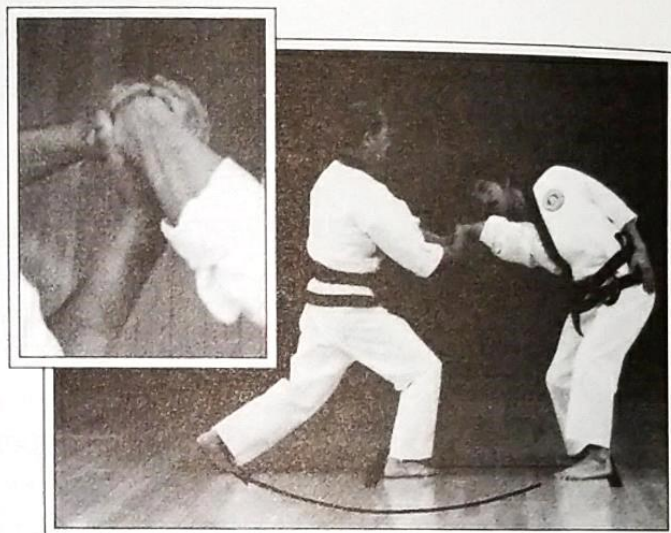


2. Grab your opponent's right hand with both of your hands.

Note: Maintain your right thumb position firmly until completion of this technique.



3. Your left foot steps to the right side allowing you to pass under your opponent's right arm. Lower your body as you step under opponent's arm.



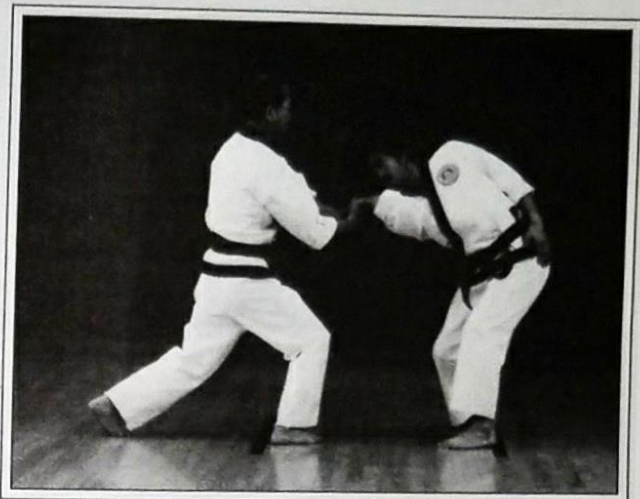
4. Pivot on right foot. Your left foot continues to move clockwise until your body is turned and facing your opponent. Simultaneously, apply downward pressure to break your opponent's wrist.

Self-Defense (Ho Sin Sool)

Cross-Hand Wrist Grip Number 4 - (Sa Bon)



5. Upon hearing opponent's tap, follow through with a head butting technique (Pahk Chi Ki). Be sure to Ki Hap as you head butt your opponent.



6. Recover your posture while maintaining a firm grip on your opponent's wrist.

Note:

1. When you grab your opponent with your left hand in step #2, you grab the back of your opponent's hand, not his wrist.
2. When you are passing under your opponent's right hand in step #3, you must stay low enough to keep your opponent's arm in its natural position, keeping him unaware so he will not respond.
3. If you do not stay low when passing under your opponent's arm in step #3, he will turn back, by your force, making it very difficult for you to complete the technique.