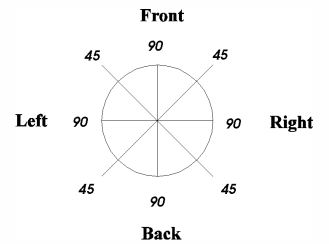




# Sebastian Karate Moo Duk Kwan Tang Soo Do



## Ho Sin Sul Techniques – Grab Techniques ( 1 – 30)

### 1. Against Same Side Wrist Grab

- Technique #1 has the attacker grabbing your left wrist with the attacker's right hand.
- Open your left hand, spreading your fingers apart.
- Step forward with your left foot, between attacker's feet, into a *kee ma ja seh*.
- At the same time twist your left hand across your body, turning your palm down in order to twist past attacker's thumb and first finger.
- Execute a left soo do to the attacker's neck, re-chambering your right hand. *Ki hap*.

### 2. Against A Cross Over Grab

- Technique #2 has the attacker reaching across with their right hand and grabbing your right wrist. Step straight forward with the left foot into a left leg forward *kee ma ja seh*.
- Strike at a downward angle with a left *soo do* to the back of the attacker's right hand.
- At the same time, twist your right hand out to your right.
- Right *soo do* to the attacker's neck or temple, re-chambering your left hand. *Ki hap*.
- Switch stance to *chun kul ja seh* during strike.

### 3. Against Same Side Shoulder Grab

- Technique #3 has the attacker reaching straight out to grab your left shoulder with their right hand.
- Swing your left arm up and around, inside to outside, hooking your forearm around the attacker's elbow. At the same time, step forward slightly with your left leg into a *chun kul ja seh*.
- Grab your forearm directly under the attacker's elbow with your right hand.
- Pull up and back. *Ki hap*.

### 4. Against Lapel Grab

- Technique #4 has the attacker reaching out with their right hand to grab your left lapel.
- Grab the attacker's hand with your right hand by placing your thumb between the attacker's thumb and first finger and your other fingers around the edge of the attacker's hand.
- Step straight back with your right foot into a *kee ma ja seh* as you pull and twist the attacker's hand across your chest. Keep the attacker's hand attached to your chest.
- Extending the attacker's arm, place the knife edge of your left hand against the extended elbow and push down on the elbow while keeping your right hand to your chest. *Ki hap*.

### **5. Against Belt Grab from Front (Palm up)**

- Technique #5 has the attacker reaching out with right hand to grab your belt with a palm up grip.
- Step forward as you place your hands under the attacker's elbow.
- Pull up and back. *Ki hap.*

### **6. Against Low Belt Grab from Behind (Palm down)**

- Technique #6 has the attacker grabbing your belt from behind with a right palm down grip.
- Step back with your left leg, between the attacker's feet, into a *kee ma ja seh*.
- Bring your left arm over the attacker's arm, putting your forearm against their elbow. Grab your left hand with your right hand.
- Using *hur ri twul ki*, twist your upper body clockwise and lower your left knee to the ground as you drive your arm and shoulder down against the attacker's elbow, forcing them to the ground. *Ki hap.*

### **7. Black Collar Grab from Behind (high neck grab)**

- Technique #7 has the attacker grabbing your collar from behind with the right hand.
- Step back with your left leg.
- Hook your left arm under and over the attacker's arm. Place your forearm against their elbow and grab your left hand with your right hand and press the attacker's forearm firmly against your neck.
- Using *hur ri twul ki*, twist your upper body clockwise and lower your left knee to the ground as you drive your arm and shoulder down against the attacker's elbow, forcing them to the ground. *Ki hap.*

### **8. An Arm Lock and Arm Grab from Behind**

- Technique #8 has the attacker grabbing both of your wrists from behind. The attacker holds your right wrist with their right hand, pushing your arm toward the center of your back. At the same time the attacker holds your left wrist with their left hand.
- Step forward with your left foot into *kee ma ja seh* as you snap the left arm forward to break the grip. Turn your right hand clockwise and grab the attacker's right wrist with your right hand.
- Pivot on your right foot 180 degrees to the right into a *kee ma ja seh*, placing your left foot behind the attacker's right foot.
- Place your left knife hand against the attacker's right elbow.
- Pivot on your left foot 180 degrees to the right into a *chun kul ja seh* as you press down against the elbow and pull up on their wrist to force him to the ground. *Ki hap.*

### **9. Against Choke from Behind**

- Technique #9 has the attacker grabbing you around the neck with the attacker's right arm to choke you from behind. At the same time, the attacker holds your left arm with the left hand.



- As soon as you feel the attacker's arm encircle your neck, you must turn your head and place your chin into the crook of the attacker's elbow, which enables you to breathe.
- Shift your hips to the right as you step behind the attacker's legs with your left leg, placing your left foot close to your attacker's right foot in a *kee ma ja seh*.
- Execute a left reinforced *pahl koop kong kyuck* to the attacker's *Choong dan*. Continue to drive with your elbow, force the attacker over your left leg and down on the ground. *Ki hap*.

#### **10. Neck Coke from Side Headlock**

- Technique #10 has the attacker standing to your left side. The attacker grabs you around the neck in a head lock with the attacker's right arm while holding onto his own arm with the left hand.
- Step behind the attacker's right leg with your left leg into a *kee ma ja seh*.
- Reach behind the attacker with your left arm. Bring your left arm up the back and over the attacker's right shoulder placing the knife edge of your hand on the base of the attacker's nose.
- Drive your left hand up against the attacker's nose, pushing the attacker over your left leg and to the ground. *Ki hap*.

#### **11. Against Side Shoulder Grab**

- Technique #11 has the attacker standing to your left side. The attacker grabs your shoulder with their right hand.
- Grab the attacker's hand with your right hand by placing your thumb between the attacker's thumb and first finger and your other fingers around the knife edge of the attacker's hand.
- Twist the attacker's hand clockwise as you pull across your chest.
- At the same time place your left *soo do* against the attacker's elbow. Press down on the elbow as you continue to pull up on the attacker's hand.
- Force the attacker to the ground. *Ki hap*.

#### **12. Against Side Hand Grab**

- Technique @12 has the attacker standing to your left side. The attacker grabs your left wrist with their right hand.
- Twist your left hand up until your palm faces upward. Reach across with your right hand and place your thumb on the back of the attacker's hand and wrap your fingers around the thumb side of the hand.
- Pull your left hand free and grab the knife edge of the attacker's right hand.
- Continue to twist both of your hands counter clockwise as you step back with the left leg 180 degrees into a right leg forward *chun kul ja seh*.
- Force the attacker to the ground. *Ki hap*.

#### **13. Protecting Attack from Back (Handbag snatching)**

- Technique #13 has the attacker approaching you from behind. The attacker grabs your left elbow with their right hand.

- Bend your left arm and raise your left hand over your shoulder.
- Turn and step forward toward the attacker with your right foot, as you wrap your left hand around the attacker's right arm and grab hold of their right wrist. Grab your left hand with your right hand.
- Drop to your knee as you drive their arm back and down, forcing them to the ground. *Ki hap.*

#### 14. Against Side Arm Grip

- Technique #14 has the attacker standing to your left side. The attacker grabs your left wrist with their right hand.
- Pull your left hand toward your side slightly as you lift up and grab the attacker's wrist.
- Pull the attacker toward you as you execute a left *yup cha ki* to the attacker's rib cage or armpit area. *Ki hap.*

#### 15. Against Buddy Grab Behind Shoulders

- Technique #15 has the attacker standing to your left side. The attacker grabs you around the shoulders with their right arm.
- Place your left hand on the attacker's lower back. At the same time, reach over their right shoulder with your right hand and grab the back of the attacker's neck.
- Pull down on the attacker's neck as you execute a right *moo roop cha ki* to their *myung chi*. *Ki hap.*

#### 16. Against front Two Hand Wrist Grab

- Technique #16 has the attacker standing in front of you. The attacker grabs both of your wrists.
- Roll your hands in and up so that your fingers point straight up. Keep your hands close to your body while doing this.
- Reach under your left hand with your right and place your right thumb on the back of the attacker's right hand, grab the thumb side of the attacker's hand with the rest of your fingers.
- Twist both hands out to your left to break the left hand free.
- Place your left *soo do* against the back of the attacker's right hand.
- Step back with your left leg into the right leg forward *hu kul ja seh* as you continue to twist to the left and pull the attacker's arm.
- Take the attacker to the ground. *Ki hap.*

#### 17. Against Double Wrist Grab from Rear

- Technique #17 has the attacker standing behind you. The attacker grabs both of your wrists.
- Execute a *dwi cha ki* with your right leg to the attacker's mid section. Step down to the outside of the attacker's right foot, squatting down slightly.
- At the same time raise both hands up and forward above your head.
- Grab the attacker's right hand with your left by placing your thumb against the back of the hand and wrapping your fingers around the knife edge. Step back with your left foot ducking under the attacker's arm.



- Continue to twist the attacker's wrist counter clockwise using both of your hands. *Ki hap.*

### **18. Against Two Hand Lapel Grab from Front**

- Technique # 18 has the attacker grabbing both of your lapels while standing in front of you.
- Reach over the attacker's left arm with your right hand and grab the attacker's right hand by placing your thumb between the attacker's thumb and first finger. Place your other fingers around the knife edge of the attacker's hand.
- Twist your right hand clockwise as you step back with your right foot.
- As you extend and rotate the attacker's arm, place the knife edge of your left hand against the attacker's right elbow and force him down to the ground. *Ki hap.*

### **19. Against rear Bear Hug (Under arms)**

- Technique #19 has the attacker standing behind you. The attacker grabs you around the waist in a bear hug.
- Step out and back slightly with your right leg. You should end up with the attacker's right leg between your feet.
- Reach down with both hands and grab the attacker's right ankle.
- Pull up with your hands as you push down with your buttocks.
- Drive the attacker down to the ground and execute a left *dwi cha ki* kick to their *ko kwan*. *Ki hap.*

### **20. Against Rear Double Bear Hug with Arms**

- Technique #20 again has the attacker grabbing you from behind. This time the bear hug is over your arms. React quickly in order to avoid getting your arms pinned against your sides.
- As soon as you feel the attacker's arms encircle you, step out to the right into a *kee ma ja seh*, dropping your weight and driving both arms up and apart.
- Execute a left reinforced *pahl koop kong kyuck* to the attacker's *myung chi*. *Ki hap.*

### **21. Against Front Knife Attack**

- Technique #21 has the attacker thrusting a knife with their right hand toward your midsection.
- Step to the left diagonal with your left leg into a *kee ma ja seh*. Reach over the attacker's thrusting arm with your left hand to grab the inside of their hand. At the same time, grab the outside of their hand with your right hand. Both of your thumbs should be on the back of the attacker's hand.
- Twist the attacker's arm counter clockwise while stepping back with your left leg, taking the attacker to the ground.
- Place the attacker's palm on the ground and press down on their elbow with your right hand forcing them to surrender.
- Remove the knife with your left hand. *Ki hap.*

## 22. Against Down Stabbing from Front

- Technique #22 has the attacker executing an overhead, downward strike.
- Slide your feet 45 degrees to the left diagonal. At the same time execute a *sang dan mahk ki* with your left arm. You should end up to the side of the attacker.
- Extend your right forearm under the attacker's right arm and around the left side of their neck.
- Grasp your right hand with your left hand behind the attacker's head. Turn your body toward the attacker placing your chest firmly against the attacker's side. Squeeze your hands toward your right shoulder, choking the attacker.
- As the attacker submits, step forward with your right leg and kneel down on your right knee, controlling the attacker as you lower the person to the ground. *Ki hap*.

## 23. Against Cross Slash Knife Attack

- Technique #23 has the attacker executing a right hand slashing attack from the outside to inside.
- Step 45 degrees to the left with your left foot as you block with both hands in an in to out direction with your left hand on top. Keep the heels of your hands firmly together and your hands open to block close to the attacker's wrist.
- Firmly grab the attacker's wrist and swing the attacker's arms counter clockwise, down and across in front of you.
- Continue to swing the arm upward now as you pivot on your left foot and step 180 degrees clockwise with your right foot. You should now be in a *kee ma ja seh*.
- Place the attacker's elbow with the palm facing upward on your left shoulder. Pull down with both hands to hyper-extend or break the attacker's elbow. Force him to drop the knife. *Ki hap*.

## 24. Against Opposite Side Cross Slash Knife Attack

- Technique #24 has the attacker executing a right hand cross body slashing attack inside to outside.
- Step forward with your left leg to the left diagonal, placing your foot just outside the attacker's right foot, ending in a *kee ma ja seh*.
- Execute a right hand inside to outside *soo so mahk ki*. Grab the attacker's wrist with your right hand as you extend your left arm over the attacker's shoulder and wrap your arm around the front of the attacker's neck, locking the attacker's head into the bend of your elbow.
- Pull back on the attacker's arm against your chest at the same time choking them.
- Force the attacker to drop the knife as you bend him backwards. *Ki hap*.

## 25. Against Collar Grab and Knife to Throat

- Technique #25 has the attacker grabbing your collar or arm with their left hand while holding the knife with the right hand, to left side of your throat.
- Very quickly bring both hands upward. The right hand comes up and between the attacker's arms and pushes the knife hand away from your throat and into your left hand. Grab firmly with both hands.
- Twist the attacker's arm counter clockwise as you pivot on your right foot 90 degrees counter clockwise with your left leg.



- Taking the attacker to the ground, place the attacker's palm on the ground and press down on their elbow with your right hand forcing them to surrender.
- Remove the knife with your left hand. *Ki hap.*

## 26. Against Attack While Sitting on a Bench

- Technique #26 has the attacker approaching you from the front while you are seated in a chair or on a bench. The attacker attempts to grab or choke you.
- If the attacker has the right foot forward, execute a right *chok do chi ru ki* to the attacker's chest.
- Immediately hook the heel of your left foot, from the out side, behind the attacker's right knee.
- Pull the attacker's leg toward you as you push with your right foot against their chest to force them to the ground. *Ki hap.*
- Reverse the procedure if the attacker has the left leg in front.

## 27. Defense Against Assault from Side While Sitting

- Technique #27 has the attacker seated on a bench beside you with the attacker's right arm around your shoulder.
- Execute a *pahl koop kong kyuck* to the attacker's *myung chi* or ribs followed by a left back fist to the face and a right *jang kwan* to the chin. *Ki hap.*
- Hook your left arm under and over the attacker's right arm, placing your forearm against their elbow. Grab your left hand with your right hand, roll their arm clockwise, pulling your arms down and across your body to force the attacker to the ground. *Ki hap.*

## 28. Defense Against Neck Choke from Rear While Sitting On Ground

- Technique #28 has your attacker on the ground. The attacker approaches you from the rear, wrapping their right arm around your neck in a choke hold.
- Immediately turn your head, placing your chin into the bend in the attacker's elbow.
- Reach back with your right hand and grab the attacker's sleeve. Twisting your body counter clockwise, bring your knees under your hips. Continue to twist and pull on the attacker's arm to throw the person over your right shoulder.

## 29. Defense Against Attack While Lying On the Ground

- Technique #29 has you lying on your back on the ground. The attacker approaches you from the direction of your feet and attempts to reach down and grab you.
- If the attacker has the left foot forward execute a right *ahp cha ki* to the *ko kwan* or *myung chi*. *Ki hap.*
- Place your right instep and calf against the attacker's left foot, hooking their ankle. Your right foot should be on the outside of the attacker's foot.
- Press your left heel on the inside of the attacker's left knee.
- Roll to your right, twisting your legs as you roll, to force the attacker to the ground. Continue to roll as you execute a left *Tollyo cha ki* to the attacker's face. *Ki hap.*

### 30. Defense Against Pinning the Body and Choking

- Technique #30 again has you lying on your back on the ground.
- The attacker straddles your torso and chokes you with both hands.
- Execute a double knife hand strike (*soo do*) to inside of both of the attacker's elbows.
- Grab the attacker's chin with your left hand and the back of the attacker's head with your right hand. At the same time, bend your left leg to bring up your knee against the attacker's buttocks.
- Twist the attacker's head to your right.
- Raise your left hip to drive your left leg up against the attacker's buttocks, continuing to twist the attacker's head as you roll with him.
- When the attacker is on their back, you must continue to roll on top of the attacker.
- Execute a punch to the attacker's face. *Ki hap*.