

Current White Belt



WRIST DEFENSE

Sone-moke Kwan-jil-kuck-kie

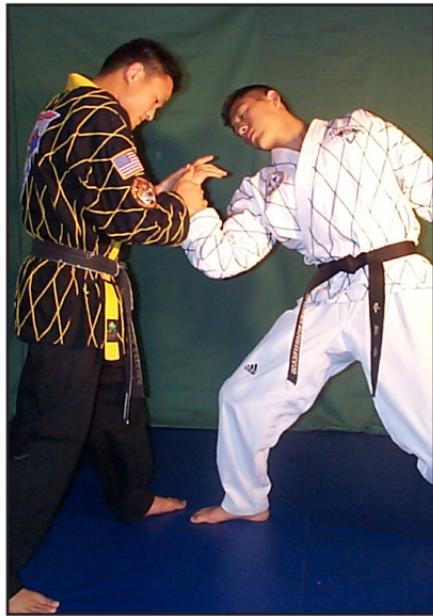
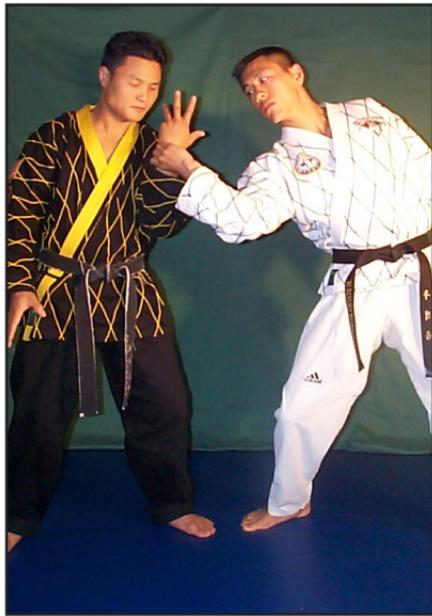
Swing the attacked hand out.

Place your free thumb in the opponent's thumb web and grasp your free fingers around the edge of his hand. Rotate his arm over, turning elbow and fingers up.

Keeping hold of his hand, place your own arm over his elbow and exert pressure down.



Current Yellow Stripes

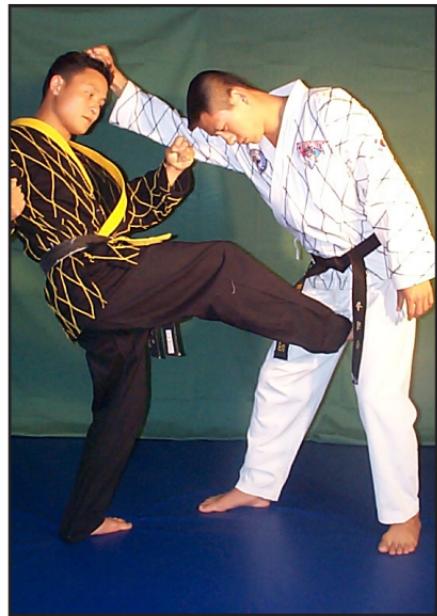


WRIST DEFENSE

Sone-moke Dwee-jip-kie

Open your attacked hand to widen your wrist.

Place your hand over the opponent's hand and exert pressure down.



BLIND ATTACKS

Dwee-ah-suh Chop-ul-dae

Squat down to lower your center of gravity, thrust your buttocks up and into your opponent and bend forward to flip him.

Turn around to face your opponent's inside. Use the blade of your forearm to exert pressure to the inside of his elbow. Use 45 degree leverage to pull him forward off balance.

Turn around to face your opponent's inside. Kick to groin to break hold and finish with a sweep or takedown.



Current Green Stripes

HIP THROW *Up-ah Chee-gie*

Pull your opponent to alter his center of gravity.



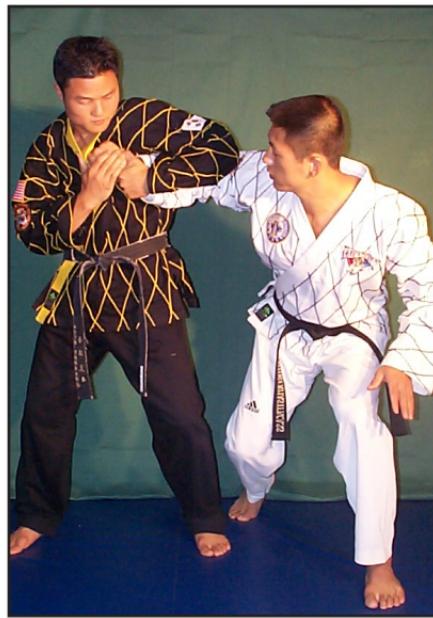
Step in and place your feet in an "11" position inside of your opponent's feet. Use your bicep to grasp his arm.



Squat down to lower your center and thrust your buttocks up and into your opponent while leaning forward to flip him over.



Current Green Belts



CLOTHING GRAB *Oui-boke Sool*

Step out with your foot so your back faces your opponent. Place the back of his elbow over your shoulder and bow forward for leverage.

Place your opposite hand over your opponent's hand, thumb into his thumb web. Use your other hand to hold his arm as you step in and place your arm over the back of his elbow and exert pressure down.

Place your hand over your opponent's hand and use your arm to push down on the back of his elbow. Also apply pressure at wrist by bending the pinky side of hand toward the wrist.



Current Blue Stripes

FEET/LEG GRABBING *Bong-joke Sool*

Grab your opponent's kicking leg by scooping under it, lift him up and pull/sweep him off balance forward to the ground.



Grab your opponent's kicking leg by scooping under it. Lift him up and use your back leg to sweep the opponent's standing leg while pushing him backwards.



Grab your opponent's kicking leg by scooping under it. Attack the opponent's thigh with an elbow strike from above and a knee strike from below (or knee to the groin).



Current Blue Belts

OFFENSE GRABS

Sun Sool

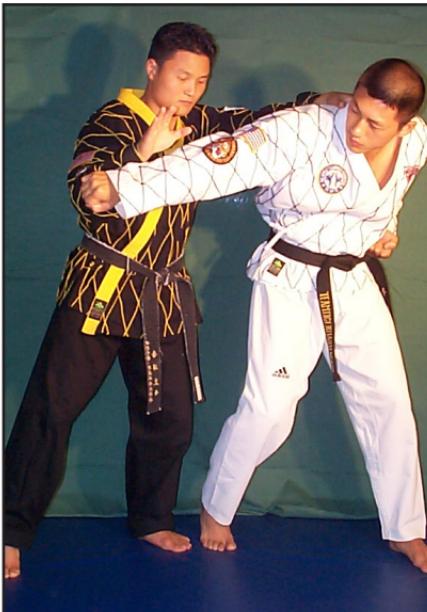
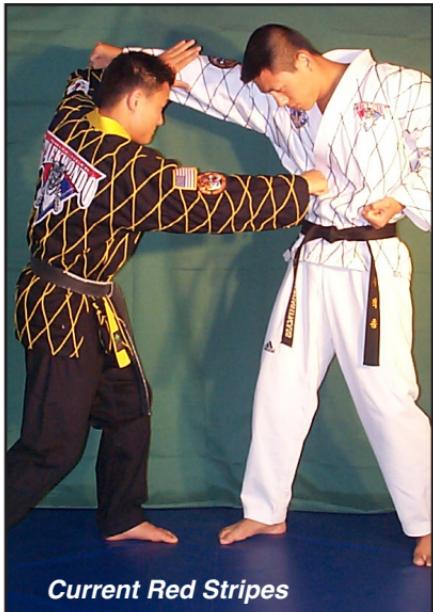
Facing each other, grab the outside wrist of opponent. Pivot around to match his stance and direction. Other arm tucks under and forces his fingers down, forming a "7".



Walking toward each other, grab the outside wrist of opponent. Pivot around to match his stance and direction. Other arm tucks under his, apply pressure down for leverage against elbow. Keep your arm strong, forming a "4".



Reach arm out to hook around his neck. Keep your arm very straight and strong. Use your extended arm as leverage and apply pressure down on his elbow. Lead opponent to destination.



PUNCH DEFENSE

Bong-kwan Sool

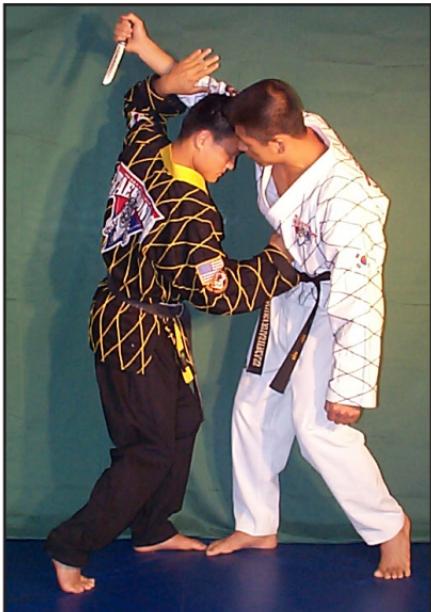
Block with outside block. Simultaneous counter attack punch to solar plexus to weaken opponent. Finish with sweep, throw, take-down, etc.

Outside block attacker's punch with same side hand. Continue motion while holding wrist and grasping the back of the neck with tiger's mouth grip...

...arm slips around neck and under the chin. Reverse direction to pull head back. Finish with chop, etc.



Current Red Belts



KNIFE DEFENSE

Bong-gum Sool

Straight jab - stepping back, execute cross block to the attacker's wrist. Twist hand to the outside to use a joint lock on the wrist and elbow.

Overhead attack - high block just below the elbow to the attacking arm, counter-attack with punch to solar plexus to weaken attack. Finish with sweep, flip, takedown, etc.

Outer sweep attack or overhead - outside block with same side hand, continue with motion while using free hand to grasp the back of the neck. Finish with elbow to the face or knee to abdomen.



Current Black Stripes

POLICE DEFENSE

Yun-hang Sool

Use forearm edge to hold against windpipe. Use downward side kick to back of knee to collapse opponent's stance. Finishing by leading or steering opponent.



Grabbing opponent's hand, step under and through the union, keeping hold of his hand. Twist down like the gas on a motorcycle to joint lock the wrist and elbow. Lead to destination.



Slide a hand between opponent's elbow and side. Bring your hand around and up the back, catching his arm. Use your free arm to pull shoulder toward you while exerting pressure down with the first hand. Pull head back, kick to back of knee.