

Ho Sin Sul (Sleeve Grips)

Note: "Thank you" to Ms Holly Holt for putting these together for our students

Cross Hand Sleeve Grips:

1. Arm bar (similar to two on one wrist grip #1) - step in, circle hand and pin their hand on their chest. Then grab elbow, step across and engage arm bar. Elbow to back of neck.
2. Similar to cross hand #3 - baby step, grab (c-clamp thumb down), then step across achieve wrist lock. Then elbow to face, grab wrist and spin elbow.
3. Cup hand up and reach under with free hand, grabbing under getting the back of their hand. Reach over with other hand and step in, crank and head butt.
4. Starts the same as #3 (above) - except you whip the arm over and punt the face, keep wrist grip and step, then elbow to back of the neck. Similar to same side wrist grip #4.

Same Side Sleeve Grips:

1. Step in (horse stance), knock their hand off, then elbow to solar plexus. Back Fist up, hammer strike down, open stance and jip kye san to throat. (Mouth of tiger strike).
2. Cup up hand, keep rotating and grab under with free hand, step through and attack elbow, hop out and spin knife hand to the back of the neck.
3. Attacker PULLS - starts the same as #2 (above) except you attack the wrist and spin elbow.
4. Attacker PUSHES - starts the same as #2 (above) except you attack the wrist and spin axe kick.

Two on Two Sleeve Grips:

1. Step with L foot and with L hand, grab their wrist thumb up and palm strike with R hand through the face. Then grab back of the neck, pull down and push their arm down (like doing a vertical punch to the ground), throw the arm away, elbow to kidney.
2. Step in with either foot, bring hands in, then step out and circle hands, whipping their hands off. LUNGE in and double, one knuckle punch to chest.