

Ho Sin Sul (Knife Defense)

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

Knife Defense

1. Attacker thrust forward with blade. Defender step out to the side bring hand up on theirs and other hand meets under. Grab and step across, crank the arm across and achieve grip, with R hand push blade down, out of their hand and step back. Front leg front kick.

2. Attacker does overhead strike. Defender high block and punch simultaneously. Snake under arm and grab your own wrist, pull down then take down. Pull L hand towards groin and tell them "drop knife." Grab knife, stand, and kick them in the head.

3. Attacker slashes outside to inside strike. Defender blocks (L hand) and knife hand strikes (R hand) simultaneously, bring blade down, shift weight on both sides then step through and get wrist lock. Twist blade out and head butt.

4. Attacker slashed blade inside to outside. Defender stops movement and steps out and grabs arm, L hand thumb down, R hand thumb up. Pivot until both hands meet, whip the arm and take them down, (*) then take blade and kick to head.

5. Attacker "fillets" the defender. Defender steps inside and with R hand follows the strike upwards then brings it around and meets with other hand. Then steps through and makes the break. Take the blade, inside-outside kick and switch the blade to other hand. Hook foot behind theirs, grab shoulder and take down. Then hit their head with the butt of the blade.

* technically not a take down, but we practice it that way. At belt test just get the wrist grip and front kick. (#4 knife defense).