

Ho Sin Sul (Upper Sleeve Grips)

Upper Cross Hand Grips:

1. Chil Sung Sam Rho double ridge hand/knife hand strikes. Step with right foot as left hand (LH) makes a ridge hand strike below their elbow to break them off. Then twist hip and strike their groin with right hand (RH) ridge hand strike.
2. "Ker-splat." Right foot steps while RH makes an inside/outside ridge hand technique (bring right elbow back to take their energy). At the same time, LH circles and hits them at the base of the skull with a ridge hand, bringing their face down. Finally, the "ker-splat" motion, a right jumping knee kick to the face with a right knife hand strike to the base of their skull.
3. Partner **pulls**. Step with left foot, grab their forearm with RH and back of their elbow with LH (cradle the baby). Then step with left foot again in front of them in a horse stance, their arm extended over your left shoulder (their elbow slightly in front of your shoulder for leverage and right hand grabbing hand and bending wrist - fingers pointing down. LH reaches over their arm and grabs their arm). As you pull down on their arm, stand up slowly until they tap. Left elbow upwards to sternum. Step back behind them with left foot in a deep front stance. The R brings their arm over your head, parallel with your shoulder line. Pull them across and down to your right leg with an offensive hip, they should fall over your back leg to your right side. Place right foot underneath their shoulder, with *kote gaeshi* wrist lock in RH, place right knee on inside of their elbow and bend knee into a deeper front stance until they tap. Use LH to apply additional pressure.
4. Partner **pushes**. Step back into horse stance with right foot. RH grabs their hand similar to #3 (wrist bent/palm out with fingers pointing down). LH reaches over their backside, using forearm to smack the back of their head on the way to the chin grab (alternative: use a ridge hand underneath their chin to pull their head). Get low and shift upper body downward to get their elbow on your sternum. Slow stand up as you pull their head and arm across your chest until they tap. Then shift into a left foot forward front stance and slightly push their arm with RH. Drop arm as RH circles into a long fist on their right shoulder, followed by a LH hammer strike.

Upper Same-Side Grips:

1. Z-bar (hanchin). Step with left foot to corner while RH grabs the pinky side of their grip. LH comes up over their arm into a "birds beak" technique, pull left elbow back to drop their elbow. Keep their hand on your sleeve - don't detach it. Rotate hips into back stance (left foot in front) and bow until they tap.
**instead of "bird's beak," bring your left arm, fully extended upwards and drop an elbow instead ;)
2. "Miyagi-Do." Spin towards their arm (pivoting on foot that matches the side they grabbed) and right elbow either below or above the shoulder blades (whatever is available depending on height). They may not let go - that's okay. Right arm comes underneath as right foot prepares to execute an inside-outside sweep (calf to calf). Scissor sweep (right ridge hand drives forward though their chest, right leg pulls back to sweep. Drop right knee, pin with LH and punch with RH.

3. Elbow break - left foot steps as LH (knife hand) shifts inside by wrist while RH (ridge hand) to outside of elbow. LH grabs their wrist (keep your RH on your nose or forehead to help assist) as you spin counter-clockwise underneath their arm. Step through with your right foot. You should be behind them now with RH at their right shoulder with LH grabbing wrist. Slightly bend your knees and drop your left elbow to rotate your palm up (their palm should be up too). Finally, push their left arm straight up towards the sky (as opposed to up their back).
4. "The Lasso." Similar to lower sleeve grip #2. Bring LH up and grab the meaty part of their thumb with your RH. Step through with left foot, crank RH like revving a motorcycle and use LH ridge hand to break the elbow. Elbow with left elbow underneath their arm. Step back with left foot (behind them) and use right foot to trap their right foot. Standardization says your toes should be up (heel on ground) ***a safer way is to "cup" your foot over theirs.*** With your RH, circle or "lasso" their arm around their head (tip: use left hand to assist in rotation/their fall). Pull them down (your elbow goes to your hip) and make sure your right leg is locked out. They should fall on their left side.
think about this in the context of Chil Sung Il Rho/O Rho/Hwa Sun