

- 1) WHITE. Wrist grab same side. Reach "free" hand over and cup your own "trapped" hand's fist. Pull your trapped wrist free through the opening of the attacker (between finger and thumb), while stepping back. Kids turn and run. Adults: back fist attackers left temple; reverse punch to the solar plexus.
- 2) WHITE. Cross Side. Elbow strike toward solar plexus while grabbed hand opens up and goes over TOP of attacker's hand to escape.
- 3) YELLOW. Wrist grab two hands on one. Push through with elbow and escape. "C" lock follow up for adults and advanced students.
- 4) YELLOW. Wrist grab two hands on two- With right foot step to the right into a right foot front stance to opponent's left side while snapping your hands to right side (pull up against opponent's thumbs) using a sip soo move to free both hands. Follow with double soo do to temple & neck.
- 5) ORANGE. Soo do/Palm Strike-Same Side grabbed. Without retracting elbow, and keeping arm in 135° position, step toward opponent with hand in kwan soo (palm up) and push into solar plexus. When opponent is off balance, release your hand through the opening in opponent's hand (thumb and finger) and perform elbow strike to the solar plexus. Right hand should be in perfect position to follow up with soo do strike to neck, followed by LH palm strike.
- 6) ORANGE. Soo do/Palm Strike-Cross Side grabbed: Open your grabbed hand. Right foot steps toward opponent while performing an elbow strike to the solar plexus and simultaneously releasing hand. Perform right hand soo do strike to temple. Left hand palm strike to jaw for k.o. Make sure palm strike comes from waist and you "flick" palm strike...not "chop" across.
- 7) ORANGE STRIPE. Pressure Point. Cross Side. (Old Green belt #1). Pull opponent toward you and seize the hand that grabbed you with your free hand. Use your trapped wrist hand to apply pressure to pressure point on attacker's wrist. (Your hand comes up as if you were waving hello, then down as if "karate chop" on their pressure point.
- 8) ORANGE STRIPE. (Old Gren belt #3). Grabbed from behind. Seize the hand that grabbed you with your "free" hand. Rotate your elbow up on top of the attacker's arm and press down into the radial nerve.
- 9) GREEN. Metacarpal (with forearm) – grabbed cross side (right hand grabbed). Right foot steps across to opponent's right, simultaneously you reach your left hand over to grab under attacker's palm, while your right hand circles counter clockwise pressing down on opponent's hand with your forearm, to break wrist. Elbow strike to temple.
- 10) GREEN. Metacarpal (with knife edge of hand), (Old Green belt #2). Same Side. Turn palm of attacked wrist up and with your free hand go under attackers hand and grab the "meat: of the attackers hand, slide your hand out through the opening and apply metacarpal with knife edge of your hand.
- 11) GREEN 1. KNEE KICK. Same Side grabbed. Turning your body slightly to the left and bending your knees, while keeping your hand in your center line, bring your right hand around opponents wrist clockwise. Keep index finger out so that pad of hand presses on opponents nerve. Push opponent's elbow across their body (to your left), while you step into right foot front stance. (Always step your back leg away from opponent's "weapon" hand). Left hand strikes nerve on soft tissue in neck; hand grabs shoulder or back of neck. Pull down opponent's neck with left hand, & knee kick with left knee.
- 12) GREEN 1. "BOWING" WRIST LOCK. Same Side grabbed. Bend your grabbed wrist (your fingers toward you) and move your left hand to reach over top of opponent's left hand. With no space between your hand and opponent's hand, your fingers close around the knife edge of your opponent's hand. Counter clockwise motion to bring opponent's hand into wrist lock against your chest (like Bassai So Choon Be Application). Apply pressure toward opponent to break wrist (opponent's little finger aimed toward their ear). Stepping back away from opponent's "weapon" hand, execute front kick to face then, landing left foot first, apply elbow down to attacker's elbow for elbow break.
- 13) GREEN 2. SAME as 4 with "clothesline". Alternate for adults: GROIN ATTACK/C-LOCK. 2 hands on 2. Bring your strong hand across to weak hand. Strong hand breaks free while weak hand grabs attackers wrist that was holding strong hand. Strong hand strikes groin of attacker with back of hand. Weak side leg steps through and under attacker's arm. Free hand comes up and grabs attacker's hand on pinky side placing attacker in C-lock. Apply pressure and/or wrist break if necessary.
- 14) GREEN 2. C-LOCK when grabbed from behind. 2 hands on 2 wrists from BEHIND. Bring your weak hand up to strong hand. Weak hand breaks free as you step into fighting stance by stepping laterally under arm of attacker, putting attacker in a C-lock hold and applying pressure. Front punch to face.
- 15) RED. TURNING UNDER ARM. Same Side grabbed. Turning 2 different ways. With a natural motion across, your left hand grab's opponent's wrist. Step through/across opponent's body with right foot turning body counter clockwise and passing under opponent's left arm and applying downward pressure to opponent's wrist. Do NOT let your hands fall behind your head as opponent can easily pull his/her hand out. You should now be facing the opposite direction of your opponent (side-by-side), and in position to drop opponent to ground. By pointing your index finger to the ground, you should be able to easily drop your opponent. Once down, drop your knee to opponent's rib or chest. As you land, insert index finger joint in soft tissue neck area to strike nerve. SAME SIDE, turning across body (inside). #1. If you turn the other way, do a "C" lock.
- 16) RED 1's. TURNING UNDER ARM. CROSS SIDE. (stepping across body). With a natural motion across, grab opponent's right hand. Left foot steps through, crossing opponent, allowing you to pass under opponent's right arm. Do not put your hands behind your head as opponent will easily slip out. As you turn, apply downward pressure to break wrist. Keep both hands on attacker for maximum effect, but RH controls. Opponent's elbow should be on top of your arm. You will be facing the opposite direction of your opponent (side-by-side), and are in position to drop opponent to ground. By pointing your RH index finger to the ground, you should be able to easily drop your opponent. Once down, drop your right knee to opponent's rib or chest. As you land, insert RH index finger joint in soft tissue neck area to strike nerve. If you turn the other way, do a "C" lock.
- 17) Red 2's. TURNING UNDER ARM. Cross and Same Side. 2 HANDS on 1 and 2 HANDS on 2. Same as if only one hand was grabbed. Practice turning both ways on each. (Red 3's and 4's – NEED TO KNOW ALL OF ABOVE).