



SANGROCK HO SIN SOOL SUMMARY SHEET

Ho Sin Sool #1



1. Step in w/ right foot and direct right hand outward, then forward across body.
2. Twist restrained wrist to break hold.
3. Slide rear foot in while elbow striking to solar plexus or neck.

Ho Sin Sool #2



view from opposite side



1. Pull your right hand into your body while grabbing restraining hand over top with left hand.
2. Twist opponent's arm to the inside keeping hand close to chest.
3. Apply locking force/knife hand strike to opponent's elbow.

Ho Sin Sool #3



view from opposite side



view from opposite side

1. Rotate restrained wrist into palm-up position, reach under with free hand & grab restraining hand. (Press your thumb tip into the pressure point between the opponent's metacarpals & wrap your fingers around the base of the opponents thumb.)
2. Twist opponent's arm to outside, taking down to his/her back. Keep the opponent's elbow bent at 90° for proper effectiveness.
3. Apply extra force to wrist with restrained hand when freed and take the opponent down to the ground.

Ho Sin Sool #4



view from opposite side



1. Cover top of restraining hand with left hand.
2. Lift restrained arm with opponent's wrist in crux of thumb and grab wrist.
3. Control opponent's elbow with your forearm or underarm & push down to the front.

Ho Sin Sool #5



1. Grab restraining hand over top with free hand. (Press your thumb tip into the pressure point between the opponent's metacarpals & wrap your fingers around the base of the opponents thumb.)
2. Twist opponent's wrist to outside, taking down to his/her back. Keep the opponent's elbow bent at 90° for proper effectiveness.
3. Apply extra force to wrist with restrained hand when freed and take the opponent down to the ground.

Ho Sin Sool #6



1. Twist restrained hand and grab opponent's wrist. Apply pressure to opponent's elbow pressure point with free hand.
2. Step in with the same foot.
3. Keeping the opponent's hand close to your body, drive him down using his elbow.

Ho Sin Sool #7



1. Twist restrained hand and grab opponent's wrist. Apply pressure to opponent's elbow pressure point with free hand.
2. Grab restraining wrist with restrained hand.
3. Step under controlled arm, locking opponent's arm over & behind shoulder. Stay close to opponent's body while performing this technique.
4. Step forward, taking opponent down to his/her back.
5. Apply knee to chest and capture wrist against floor with force to elbow.
6. Strike to face.

Ho Sin Sool #8



1. Grab both sides of restraining hand, applying overlapping thumb pressure to back of hand.
2. Lower your stance.
3. Twist your body to opponent's inside (thumb side), keeping opponent's wrist straight with respect to the arm.

Ho Sin Sool #9



1. Grab opponent's wrist with outside hand.
2. Apply force to opponent's thumb with inside hand to break hold. Do not bend the thumb up and back. Rather, keep the thumb bent and apply force to the side.

Ho Sin Sool #10



1. Grab top of restraining hand with opposite hand.
2. Swing arm straight up from inside and over restraining arm at the elbow, trapping elbow.
3. Use other hand for support.

Ho Sin Sool #11



1. Heel strike to instep, then lower body center of gravity.
2. Reach behind head, grab and bend restraining fingers. Bend fingers to the side, not back.
3. Once free of the head lock, elbow strike to torso.

Ho Sin Sool #12 – Option 1



1. Swing hands to outside, then quickly together, grabbing the wrist of the opposite restraining hand with your right hand.
2. Grasp opponent's hand with your left hand, breaking your right hand free.
3. Twist opponent's wrist to outside, taking down to his/her back. Assist with the right hand.

Ho Sin Sool #12 – Option 2



view from opposite side

1. Swing hands to outside, then quickly together. Grab the wrist of the opposite restraining hand with your right hand, freeing your left hand.
2. Apply the thumb of your left hand to the inside elbow pressure point while sliding your right hand to the top of the opponent's hand.
3. Bend the opponent's elbow and apply a wrist lock.
4. For added restraint, slide your left hand under the opponent's arm and apply additional force to the wrist, pulling it into your body.

Ho Sin Sool #12 – Option 3



view from opposite side

1. Swing hands to outside, then quickly together, grabbing the wrist of the opposite restraining hand with your right hand.
2. Step in with your left foot and under the opponent's arm from the outside. Keep the opponent's hand "palm up."
3. Apply downward force to the hand with the opponent's elbow on your shoulder.

Ho Sin Sool #13 – Option 1 (Grabbing over arms)



1. Attack with a stomping kick to the opponent's instep.
2. Lower center of gravity and apply 2nd Knuckle Fists ("Bamjumeok") to ribs.
3. Push the opponent up and away from your body.

Ho Sin Sool #13 – Option 2 (Grabbing under arms)



1. Step slightly forward to your left.
2. Place left hand on opponent's back and right hand under chin.
3. Apply force and take down opponent to your left.

Ho Sin Sool #14 – Option 1 (Grabbing over arms)



1. Stomping kick to insole
2. Lower center of gravity while lifting and spreading restrained arms
3. Elbow strike to Torso

Ho Sin Sool #14 – Option 2 (Grabbing under arms)



1. Stomping kick to insole
2. Grab and bend restraining fingers. Bend fingers to the side, not back.
3. Elbow strike to Torso

Ho Sin Sool #15



1. Using your thumb on your outside hand, apply force to the knee pressure point.
2. Reach inside arm from behind opponent and apply force to chin or philtrum
3. Step back with the inside leg and take down opponent to his/her back