

PART EIGHT

Basic Self-Defense

Basic Self-Defense (호신 술 : **Hosin Sool**)

In our daily life, there is a constant danger or threat of physical assault upon us. As a result, it is necessary for us to know self-defense techniques in order to protect ourselves from a sudden attack and physical injury.

Self-defense techniques can be defined as logical, coordinated applications of Tong-Il Moo-Do that enable us to protect ourselves with speed and accuracy without loss of balance against a sudden attack by an armed or unarmed opponent.

There are 21 basic movements in the Tong Il Moo Do self-defense system from which a myriad of techniques may be derived.

They fall into three categories:

- 1) Defense against a grab - 7 basic movements
- 2) Defense against a sudden attack - 7 basic movements
- 3) Defense against a weapon - 7 basic movements

I. Defenses Against Grabs

A. Against LAPEL GRAB

Reach over the grabbing hand; grasp it holding it to your chest, twist the bottom edge 180° upward.

Grasp it with your free hand and step back, executing a joint lock on attacker's wrist.

B. Against WRIST GRAB

Twist your own wrist so that its narrow edge faces attacker's thumb.

Slip out by stepping back and pulling against his thumb.

C. Against DOUBLE GRAB on forearm

Twist your wrist upward, form a fist.

Grasp your captured fist with your free hand.

Stepping back, pull up and out.

Execute any hand strike.

D. Against HAIR GRAB

Grasp grabbing hand to your scalp.

Stepping back and down, apply joint lock on the wrist.

E. Against TWO HANDS CHOKE from front

Execute double upward knifehand strike against choke.

Execute double knifehand strike to neck, and knee strike.

F. Against TWO HANDS CHOKE from rear

Raise your shoulders and one arm.

Spin and elbow strike against the choke.

Execute elbow strike to the head.

G. Against BELT GRAB from rear

Step back, grab attacker and execute hip throw.

II. Defenses Against Sudden Attacks

A. Against **LUNGING PUNCH**

Knifehand block upwards.

Grasp attacker and execute stomach throw.

B. Against **TURNING KICK**

Execute double forearm block.

Grasp attacker and execute minor inner reaping.

C. Against **ARM PIN (embrace)** from front

Execute spearhand jabs to ribs, jerk free.

Encircle his back with one hand.

Palm heel strike the face with the other hand.

Execute major outer reaping.

D. Against **EMBRACE** from front

Encircle the waist with one hand.

Palm heel strike the face with the other hand.

Execute major outer reaping.

E. Against **ARM PIN (embrace)** from rear

Stomp instep, jerk free.

Bend down, grab ankle with both hands and pull upward, dropping attacker.

Execute kick.

F. Against **PURSE SNATCH** from rear

Side kick to knee, keeping hold of purse.

Face smash with purse.

G. Against **PURSE SNATCH** from front

Maintain hold on purse.

Execute turning kick to solar plexus.

III. Defenses Against Weapons

- A. Against downward STICK ATTACK**
Slide in, upper forearm block.
Grasp attacker and execute stomach throw.

- B. Against KNIFE THREAT**
Raise arms slowly.
Crescent kick to back of knifing hand.
Execute spinning hook kick to kidney or head.

- C. Against LUNGING KNIFE ATTACK**
Step aside grasping knifing wrist with near hand.
Apply force with other hand to knifing elbow (executing joint lock),
spinning attacker to the ground.

- D. Against KNIFE to back**
Raise arms slowly.
Spin, executing inner forearm block, and inner edge strike to temple
with other hand.
Execute major outer reaping.

- E. Against Overhead KNIFE ATTACK**
Slide in, upper forearm block and grasp knifing wrist with both hands.
Step under upheld knifing hand to the attacker's side
and continue the circular motion of the knife into his body.

- F. Against PISTOL THREAT to rear**
Raise hands slowly.
Spin, executing outer knifehand strike to gun wrist.
Grabbing head, execute knee strike to face.

- G. Against PISTOL THREAT to front**
Stepping aside, knifehand block to gun wrist.
Side kick to ribs or solar plexus.

