

## 3<sup>RD</sup> GRADE SELF-DEFENSE TECHNIQUES

1. Attacker: Facing partner, grab him under the arms and clasp hands behind him.  
Defender: Double knife hand strike to the neck. With left hand, grab partner's hair in the back and with the right hand place your palm under his chin. While pulling with the left hand, push up and back with the right palm to bring your partner down. Execute right punch to body and kihap.
2. Attacker: Standing behind partner, grab him under the arms and clasp hands in front.  
Defender: Using knuckle punch, apply pressure to the pressure point on the back of the attacker's hand. Then using your thumbs, apply pressure to the pressure points on the attacker's forearms. As the attacker releases his grip, step forward and execute a sidekick toward partner's solar plexus and kihap.
3. Attacker: Standing behind partner, grab both wrists.  
Defender: Step back with your right foot so that you are stepping under your partner's left arm. As you break your partner's grasp, grab his right wrist with your right hand and grab his left wrist with your left hand. With arms crossed, pull up with your right hand and down with left hand to control your partner or to flip him over, execute punch to body and kihap. (Partner should execute a shoulder roll to practice defensive measures. This may be practiced from both sides.)
4. Attacker: Facing partner, use your right hand and grab his left shoulder.  
Defender: At the same time your partner attacks, step in with your right foot, secure partner's right wrist with your left hand grabbing from the outside and execute an inward forearm strike to the left side of your partner's neck (brachial plexus). Continue the motion with a hip throw. Once down, execute a right punch and kihap.