

## *Hoo Sin Sool One Step Defense*

One Step	Attack	Defense	View Media
<b>#1</b>	<ul style="list-style-type: none"> <li>* Grab at Wrist</li> <li>* Same Arm Grab</li> </ul>	<ul style="list-style-type: none"> <li>* Step forward with same leg while rotating knife-hand to outside of attackers arm.</li> <li>* Raise arm beginning outside-inside circle block.</li> <li>* Rotate knife-hand over top of attackers wrist</li> <li>* Continue circle block thrusting down on attackers arm.</li> <li>* Complete circle block pushing attackers arm away, breaking free of grab.</li> </ul>	Video Clip
<b>#2</b>	<ul style="list-style-type: none"> <li>* Grab at Wrist</li> <li>* Same Arm Grab</li> </ul>	<ul style="list-style-type: none"> <li>* Step forward with same leg bending arm at elbow to inside of attackers arm.</li> <li>* Continue in same direction drawing arm up and toward you.</li> <li>* Pull wrist toward you using attackers elbow as leverage.</li> </ul>	Video Clip
<b>#3</b>	<ul style="list-style-type: none"> <li>* Grab at Wrist</li> <li>* Same Arm Grab</li> </ul>	<ul style="list-style-type: none"> <li>* Step forward with same leg while rotating knife-hand to inside of attackers arm.</li> <li>* Rotate knife-hand over top of attackers wrist with palm up.</li> <li>* Continue pushing out at 45 deg. angle breaking free of attackers grab.</li> </ul>	Video Clip
<b>#4</b>	<ul style="list-style-type: none"> <li>* Grab at Wrist</li> <li>* Both Arm Grab</li> </ul>	<ul style="list-style-type: none"> <li>* Step forward while raising arm on same side as forward leg. Lower opposite arm.</li> <li>* Raise lower hand to outside of attacker beginning outside inside block.</li> <li>* Turn knife-hand over attackers wrist continuing outside inside circle block.</li> <li>* Continue circle block thrusting attackers arm away while pulling free from opposite hand.</li> </ul>	Video Clip
<b>#5</b>	<ul style="list-style-type: none"> <li>* Grab at Wrist</li> <li>* Cross Grab</li> </ul>	<ul style="list-style-type: none"> <li>* Rotate knife-hand under attackers hand.</li> <li>* Turn knife edge toward attackers wrist.</li> <li>* Step forward at 45 deg. angle while pushing attackers arm away.</li> </ul>	Video Clip