

## HOP KUIN DO STREET SELF DEFENCE

1. **BOTH LEFT FIGHTING STANCE**. Attack, shuffle and jab . Defence, left palm block, reverse punch, stamp kick to knee, wrist lock, take down and left punch to face, roll and finish with wrist lock
2. **BOTH LEFT FIGHTING STANCE**. Attack, step and hook. Defence, left upper block, foreman smash to bicep, shuffle in and elbow behind ear lobe, push head on to knee, take down, step over, sit and apply arm & neck lock, twisting right hip up to lock elbow.
3. **BOTH LEFT FIGHTING STANCE**. Attack, shuffle and jab. Defence, left palm block followed by right upper block, shuffle in pulling their arm towards you as you shuffle in and elbow strike to throat, grab throat, take down, apply standing arm lock
4. **BOTH LEFT FIGHTING STANCE**. Attack, step and hook. Defence, left upper block, right palm strike under chin, stamp behind knee with left foot, stamp on ankle or calf muscle, move in and apply headlock.
5. **ATTACK**, shuffle and grab clothing with left hand. Defence, grab opponents left hand and twist your body left to form a wrist lock, execute a foreman smash onto their elbow joint, push shoulder or elbow down and step over , execute arm lock.
6. **ATTACK** Step and grab with both hands to throat. Defence, upper double block while shuffling back, double slap ears with cupped hands, grab head, pull and head but to bridge of nose, pull head on to your knee, circle you hands and twist opponent into a Japanese strangle.

7. **ATTACK**. Shuffle and grab clothing with left arm. Defence, grab their left hand and twist and pull whilst executing a ridgehand with you left hand to their throat, when opponent hits floor, use a kick to head, then kick to back lifting opponent on to their side, then land axe kick to their throat and apply arm lock.
8. **ATTACK** step and double grab,. Defence, execute a right hand upper block before they reach you, grab wrist and arm with both your hands, pull towards you and knee to stomach, as they bend execute an elbow strike down to base of neck and push away.
9. **ATTACK** shuffle and grab throat both hands. Defence, thrust right arm up through middle while left arm pulls down, shuffle in and elbow to war lobe or jaw, while holding left ann pull pull their hip into yours, twist and throw them, whilst holding their right ann punch and. sink you knee into ribs until they tap out.
10. **ATTACK**. Step behind and grab around throat with right arm,. Defence, execute a right elbow into the ribs, grab the foreman that is around your throat, pull their hip into yours by leaning forward a little and twist to throw them, whilst holding their right arm punch to face and sink knee into their ribs.