



Sutton Schools of Tae Kwon-Do

3-Step Sparring (Sambo Matsoki)

Produced by: Richard Nutt (3rd Dan) and Anna Tees-Nutt (3rd Dan)

Self-Defence (Hosin Sul)

1 Self-Defence (Hosin Sul)

As a student progresses in Tae Kwon-Do, they will be expected to perform releases from various grabs and restraints. The release should be preceded and/or followed by attacking techniques against the opponent. Advanced students are expected to demonstrate multiple releases from each hold. These are suggested techniques that are appropriate for the relevant grades. **A student is not limited to these self-defence moves and is encouraged to develop their own self-defence routines as they work towards black belt.**

1.1 White Belt (10th Kup)

- Opposite wrist grab (your right wrist is grabbed by attacker's left hand)
- Crossed wrist grab (your right wrist is grabbed by attacker's right hand)
- Opposite lapel grab (your left lapel is grabbed by attacker's right hand)
- Crossed lapel grab (your right lapel is grabbed by attacker's right hand)

1.2 Yellow Stripe (9th Kup)

- Double lapel grab (both lapels are held by the attacker)
- Double front wrist grab (both wrists are held by the attacker in front of you, at around waist height)

1.3 Yellow Belt (8th Kup)

- Same side shoulder grab from behind (the attacker stands behind you and grabs your right shoulder with his/her right hand and vice versa)

1.4 Green Stripe (7th Kup)

- Opposite shoulder grab from behind (the attacker stands behind you and grabs your left shoulder with his/her right hand and vice versa)

1.5 Green Belt (6th Kup)

- Waist held from behind (the attacker grabs the waist from behind – the defender's arms are free)

1.6 Blue Stripe (5th Kup)

- Double shoulder grab from behind (the attacker grabs both shoulders at arms length)

1.7 Blue Belt (4th Kup)

- Double wrist grab from behind (the attacker holds the wrists from behind at waist height)

1.8 Red Stripe (3rd Kup)

- Bear hug from behind (the attacker wraps his/her arms around the defender from behind – above the defender's elbows)

1.9 Red Belt (2nd Kup)

- Side on wrist grab (the defender and attacker are both side on, so the left wrist of the defender is grabbed by the right arm of the attacker and vice versa)
- Hook punch * (the attacker executes a hook punch against the defender's jaw)

1.10 Black Stripe (1st Kup)

- Downward knifehand * or sidefist strike * (the attacker executes an over-the-top downward technique with either a knifehand or sidefist)
- Backfist strike * (the attacker executes a backfist strike at the defender's temple)
- Side on wrist grab by 2 attackers (two attackers hold the wrists of the defender, side on like 20 and at arms length)
* These techniques should be blocked, restrained and/or countered