



# Family Karate Club



## Order of Hoo Sin Sul

1. 2 on to 2 grip – Step to the side and chop.
2. Same Side grip – Sink down, up, down and left-hand chop.
3. 2 on to 1 grip – Over the top to mark speak hand, pull back, right leg kick and right-hand punch.
4. Cross hand grip – Step in, chop to the neck, left hand Jan Kwan to the face, right hand Jan Kwan to the groin and Jan Kwan to the face.
5. Cross hand – Step to the side, right hand up, left-hand chop to the neck, right-hand Jan Kwan to the groin, left-hand Jan Kwan to the face and right-hand Jan Kwan to the face.
6. Same side grip – Hand on the top, grab your hand around the neck, pull towards you and knee.
7. 2 on to 1 grip – Sink your hand down, get your left hand and push them over and right-hand elbow in your opponent's back.
8. Same side grip – Side kick to your opponent's knee and push down onto their elbow.
9. Same side grip – Side kick to your opponent's knee and then round house across the front of your opponent.
10. Back grip – Grab your opponent's hands, stamp your right foot and twist your opponent's hands around and push them over.
11. Back z grip – Grab your opponent's hands, stamp your left foot, twist your opponent's hands around and re-grab their hands and punch to the face.
12. Cross hand grip – Grab your opponent's hands, re-grab then elbow them and twist elbow again.
13. Same side grip – Put your thumb on the back of your opponent's hand and twist their hand, pull them down and kick to their face, then elbow to the shoulder blade.