

HO SHIN SOOL

Ho Shin Sool has been taught in Soo Bahk Do Moo Duk Kwan classes since the Founder established the Moo Duk Kwan in 1945. Ho Shin Sool can be translated as:

- Ho: Protection, Defense
- Shin: One's own body (yourself)
- Sool: Technique

Ho Sin Sool begins with awareness; awareness of your surroundings, circumstances and potential threatening situations. With proper awareness a conflict should be prevented long before a physical confrontation takes place.

Ho Shin Sool should use the energy of your partner against them. In most situations, when your attacker pushes you pull and if they pull you push. The defender should understand the importance of striking quickly while maintaining the highest level of Shim Gung. When put into submission the attacker should maintain shi sun, good posture and move with the flow and energy of the exercise for an overall harmonious demonstration.

Some of the areas for special concern during the practice of Ho Shin Sool are:

- Maintain Si Sun (eye focus) straight at your partner at all times in order to maintain good awareness of every move you and your partner make.
- Open your hand and fingers before and during the release from your partner's grip. Maintain awareness of the energy from the Dan Jun (abdomen) as it will give you energy to perform easily without tensing. Maintain fullness in the releasing arm.
- Drive your elbow towards your partner when releasing the grip rather than pulling towards you.
- Move your mass around your partner to take them off balance – Be active.
- Practice Ho Shin Sool with a low center of gravity.
- If a pain compliance joint lock is being performed, be sure to receive compliance from your partner before moving on the next motion. Compliance can be a tap of the hand, the body's movement to pain or a facial expression.
- Maintain an awareness of how Wan Gup applies to the Ho Sin Sul process:
 - Wan – Come to Choon Bee with your partner with deliberation. Extend the correct arm to receive the challenge for Ho Sin Sool.
 - Gup – Perform the Ho Sin Sul technique with intent, line and proper speed.
 - Wan – Baro with your partner with deliberation. Prepare for the next Ho Sin Sool technique.

Wrist/Sleeve grabs

Up to Cho Dan there are 19 wrist techniques

For E Dan there are 10 lower sleeve techniques

For Sam Dan there are 8 mid sleeve techniques

Total of 37 techniques

Knife Techniques

5 directional attacks

Bong Techniques

5 directional attacks (2 pool cue holds, 3 baseball bat holds)