

Ho Shin Sul

The Art of Self Defense

There are three kinds of enemies that we must defend ourselves from through the practice of self-defense. This book covers the fundamentals of self-defense against one of them, a visible enemy. The other two are touched on briefly in this preface. With diligent training these fundamentals become second nature where you simply react to a situation without thinking and can save your life. There are no "secret" techniques, no 100 or 1000 techniques that you need to know to practice Ho Shin Sul. Only fundamental martial arts training.

Visible Enemy

An enemy that you can see that is going to, or is attacking you where you will defend with blocks, kicks, punches, take downs and whatever actions are necessary to stop the attack and disable your enemy.

Invisible Enemy

The most common invisible enemy today is stress. Others include worry, anxiety, depression and illness.

Incidental Enemy

This could be any accident, a slip or a trip where you fall, someone on a motorbike doesn't see you and is about to run in to you. There are countless Incidental Enemies that could be encountered on any given day.

Although this book focuses primarily on defense against a visible enemy, martial arts training better equips you to combat the others as well. Regular training reduces stress, improves your health, confidence and overall outlook on life defending you against invisible enemies. It improves your reflexes. You learn to move, to avoid and learn the proper way to fall to avoid injury. These skills can help you survive an incidental enemy.

Ho Shin Sul is not only practiced in an attack situation, but in our daily lives, every day, and in every waking moment.

