

WRIST LOCKS

Unlocking the Grip

By Han Woong Kim


The art of wrist locking is based on the principle of applying pressure on the opponent's wrist in order to control and submit. In fact is not more than the hyper-extension of a wrist joint beyond its normal range of motion. The application of a wrist-lock in a real situation is based on the practitioner's ability to identify the right moment to use the technique. The locking techniques should fit naturally with the rest of the techniques that you use in your arsenal. Any locking technique is used to one of these two purposes: control and hold the opponent or injure the aggressor.

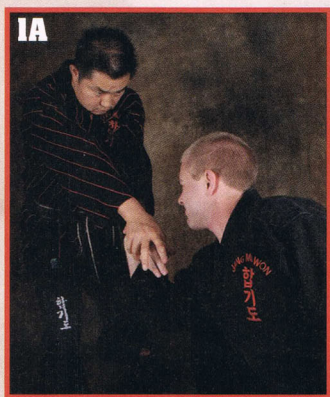
These techniques are extremely valuable and useful in self-defense situations where the opponent grabs our hands, lapels, neck, etc... The fact that the aggressor's hands are busy, will allow us to apply a more devastating wrist-lock.

The wrist-lock is one of the main locking techniques prac-

ticed in most of Martial Arts styles, but regardless of the self-defense method or system used, all the locks will fall into one of these six categories:

1. Twist wrist-lock.
2. Inside bent twist wrist-lock.
3. In-bent wrist-lock.
4. Reverse in-bent wrist-lock.
5. Reverse in-bent twist wrist-lock.
6. Outside bent wrist-lock.

Just remember that the reactions to a wrist lock are not the same in all individuals. Every person reacts differently to the same technique, even if the angle of the force applied is the same. Make sure to be fast in its application since the opponent will have the other hand – and legs – available to react and counter-attack you submission attempt. 



1. Inside Bent Wrist Lock

An in-bent wrist-lock occurs when the hand is bent in toward the inside of the arm. This technique will result in an injured wrist by applying a very small pressure.



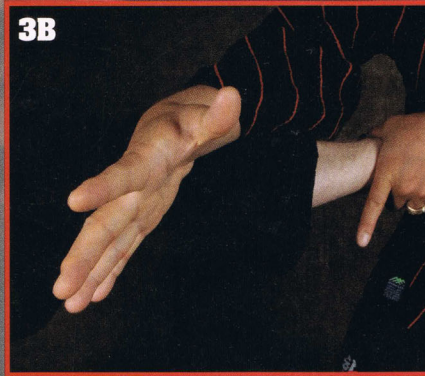
2. Outside Bent Wrist Lock

An out-bent wrist-lock is a technique where the hand is bent toward the outside of the arm. By simply raising the elbow to increase the pressure on the wrist, we'll increase the pain.

3A



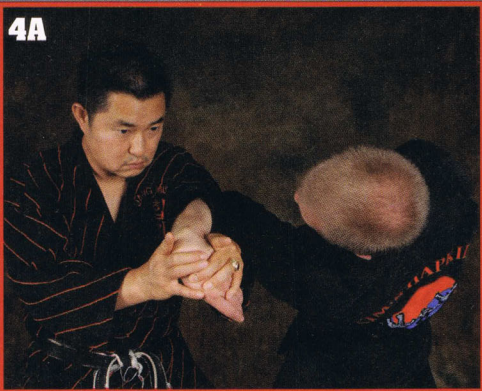
3B



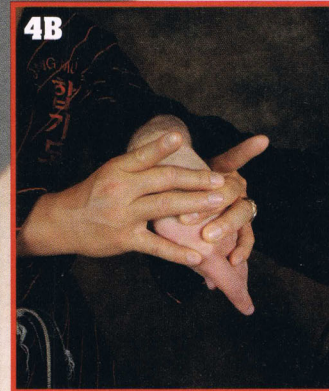
3. Twist Wrist Lock

A torque wrist-lock twists the wrist joint to its full range of motion. A slow turn will force the defender to "come along," while a fast turn will immediately break the opponent's wrist.

4A



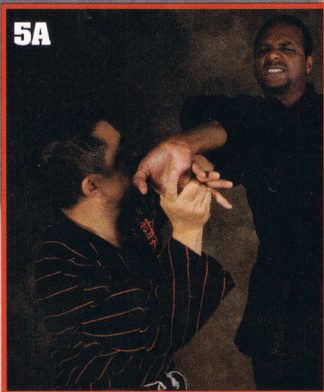
4B



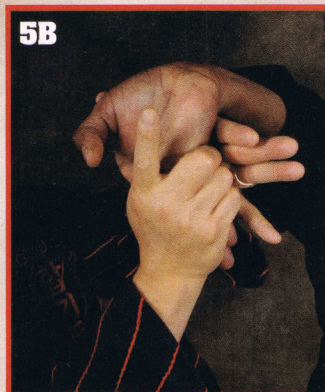
4. In-Bent Twist Wrist Lock

This technique is executed when the hand is bent inward and simultaneously twisted away from the body, creating an in-bent torque wrist-lock.

5A



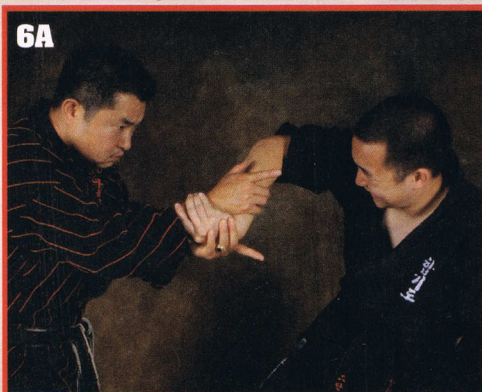
5B



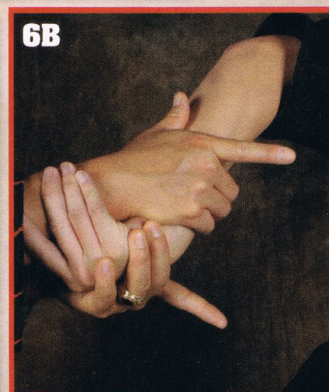
5. Reverse In-Bent Wrist Lock

A reverse in-bent lock occurs when the hand is turned away from the body and palm up.

6A



6B



6. Reverse In-Bent Twist Lock

This is a combined wrist-lock, and occurs when a twist of the hand in the direction of the little finger is added to a reverse in-bent lock. Most of the times this technique works best if the elbow is slightly bent.