THE COMPLETE BOOK OF WRIST LOCKS

By

GRANDMASTER

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EVERYTHING YOU NEED TO KNOW ABOUT WRIST LOCKS.
I have always loved to do wrist locks since I first began my martial arts training over 35 years ago. From the very beginning I knew that wrist locks were one of the most effective control techniques of the Martial Arts and one that didn’t require a lot of strength, speed or stamina. But they did require a lot of practice. For even the simplest wristlock is very sophisticated and though they may look very simple to the average observer they are in fact very difficult to master. It is always very funny to watch a great aikido or jiu-jitsu master doing some marvelous wristlock, causing great pain and anguish to the student and to then have the other students try to do the same thing. They never get it right and never make it look so simple. That is the beauty of wrist locks, they look so easy, yet they require significant practice to master.

I decided to write this book on wrist locks to teach the beginning student the correct ways to practice wrist locks and the correct applications of basic and advanced wrist locks. You will learn the Correct way to start and finish all wrist locks. You will also learn the correct way to practice the wrist locks. And you will learn to finish the wrist locks, standing up and from the ground. You will not learn to do unrealistic wrist locks that are too complex for the average person to do and would in fact require years of hard training. You will be able to do all the wrist locking techniques found in this book after only a few weeks of practice and they will all be effective control and self defense technique against even the largest of opponents.

An important reminder to students while practicing their wrist locks. You must learn to do the wristlock correctly and this means you MUST CAUSE PAIN to the wrist when you are applying the wristlock. It does not do the student trying to learn any good at all to have his partner tap out when they start the wrist lock, at the first start of feeling any pain. They must feel the pain, and the student practicing must know what it feels like to cause the pain and how they started the technique and where and when the pain came in. You must not intentionally hurt your partner, but you must hurt them a little to learn to do the wrist locks correctly. This might sound contradictory, when I say you must hurt them but you must not hurt them intentionally. But you will understand after you begin your practice. You must learn where and
when the pain comes in and how start and stop the pain. You must learn control. And that takes practice and patience and a good partner.

Basic Wrist locking Positions

The human wrist is a marvelous thing. It can bend forward and backwards, and make circles right and left. It can bend up and down and a little sideways, but it definitely has it limitations on where and how far it can bend in any of these directions. And the entire art of wrist locking is in knowing how and where to over bend and over stretch the wrist to cause severe and immense pain and disable or control your attacker.

Lets look at the ways to bend a wrist so that pain is caused and one can begin control techniques.

The Wrist does not like to fen straight backwards. To do the backwards wrist lock. You hold the back of the hand directly facing you and push straight backwards.
The wrist does not like to bend straight to the side.

The wrist does not like to bend straight forward.

The wrist does not like to bend straight backwards.

The wrist hates to bend straight up and down.
The wrist does not like to bend backwards and to the side. This is the first technique we will learn.

Start by bending the wrist straight back with your left wrist. Keep the thumb on the back of the wrist, and bring your right hand up to the side and start pushing backwards and down to the right.

Keep the pressure doing down and to the right, and point the fingers of the right hand towards the ground.
The continue down and outside pressure will throw him to the ground directly in front of you. You then hold the wrist and step around across and over his face.

This will force him to roll over to his face and then you pull up on the wrist and lock it backwards as you apply pressure on the elbow and shoulder.
Continue to hold pressure on the elbow and shoulder and step over the arm to lock your leg around it.

You may continue to bend the wrist with the left hand as you apply pressure on the elbow joint with your leg.

You can finish the hold by locking the wrist severely over and bending the arm across your leg. Continual pressure will break the wrist, the elbow and the shoulder.
You start by holding the wrist with your thumb and fingers locking around the wrist bone and bringing your other hand up to start bending the wrist straight up directly in front of your body.

By continuing the pressure up you will force the man to the ground and then you can step across and around to his back. Keeping the wrist locked and the elbow locked by applying pressure to the side.

You can finish by locking the elbow and wrist and pushing forward to break them both.
A more painful variation of the side wristlock is done by applying more pressure to the wrist by bending the elbow towards the wrist.

As you start to bend the wrist straight up, you grab the inside of the elbow and begin to pull the elbow towards your body and his wrist.

As you continue your pressure he will drop to the ground in front of you where you can finish him by breaking the wrist.

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The inner wrist lock is started by holding the wrist of the partner and then stepping under his arm while pulling up on the wrist and locking it to the side. Pressure is applied by turning the wrist in towards his body. Keeping the elbow very high. Finish the move by dropping to the knee and flipping him over to the ground.
The basic backwards wrist lock is done by holding the wrist with both hands and pushing straight back and down. This locks the wrist and the elbow.

The basic upper wrist lock is done by holding the wrist with both hands, stepping in and lifting directly up while pushing back on the elbow to keep it flat and keep the wrist bent.
It is very important when learning wrist locks to practice from the knees. This teaches one balance, power and control. Because you can not use your body weight or his lack of balance to effect the wrist lock. All the pressure must be applied by using correct techniques. Here are the basic wrist locks practiced from the knees.

Your partner holds both your wrists with both his hands. You pull your hands apart, then quickly together as you reach under and grab his right wrist.

Your hold under the wrist and turn into the wrist like you are turning a wheel on a car to the right. This will force him to the ground in front of you.
You are grabbed on the left wrist by his right hand. Turn the hand towards your body and away from the thumb.

When you get your hand free reach up and grab the back of his wrist with your right hand.

By applying pressure to the right and down you will throw him to the ground.
You are grabbed on the right wrist by his right wrist. You roll your wrist over and reach up with your fingers to grab his arm. At the same time you bring up your left hand to hold the arm.

By applying pressure straight down and pushing towards his body with yours you will be able to drop him to the ground in front of you.
You are held by the right wrist with his right hand. Roll your wrist up and turn his wrist straight up and down.

You can finish him by curling his arm up with pressure on the elbow and continuing to lock the wrist.

You now have him ready for a side wrist lock, which you do by pushing down with your entire body, not just the wrists towards the ground.
You are held on the right wrist. Turn your wrist over until you have his wrist completely turned backwards. His palm should be facing you. Hold with both hands.

Now press straight down towards the ground, this will force him down.

You can continue the pressure by pushing straight up on the arm to lock it out.
You are held by the right wrist with his right hand. You pull him towards you and reach up and grab the back of his gi. Begin to pull down and forward to spin his body around in front of you.

Continue to pull over his head until you make a complete circle. Then you may pull him to the ground and lock the wrist for control.
Here you are turning the wrist over and grabbing his thumb to start the wrist lock. Apply pressure to the thumb as you bend the wrist back and down.

You are bending the wrist back and down and also bending the thumb to really double the pain and control.
You are held by the right wrist, roll the wrist back and bring the other hand up for to grab his wrist.

Bring your other hand up and lock the wrist and begin to push down and into his body for pressure.

You finish the move by applying down ward pressure on this wrist with both hands.
You are held in a front choke. Immediately tighten your neck and reach up and slap his face very hard. Then continue to reach over to grab his right wrist with your right hand.

Pull his wrist off your neck and continue to roll your arms over forcing him in a circle in front of you. Lock his wrist with a down ward wrist lock and then step in for the finish by breaking his arm.
You are grabbed in a front choke. Reach up and grab the index finger with your left hand on his left index finger.

Close up of the finger bending

Continue to bend the finger across his body and down as don’t forget to smash his face with your elbow.
You are held on the shirt and punched at. Block the punch and reach around and take his arm off and begin to turn the wrist over to lock it.

Hold the wrist straight up and begin to apply pressure to the back as you continue to turn the wrist towards his body. Keep the elbow up high.

You can continue to lock the wrist and finish the hold by pulling up on his fingers as you break the wrist.
You are held from behind in a rear choke. Immediately reach back and hit his groin.

Now reach up and lock both of his wrist and pull his body forward while turning his arms over to lock the elbows.

You can continue to pull and finally flip him over your head to the ground.
You are held from behind in a choke. Reach up and smash his ribs and turn your body into him to escape. Continue to turn and lock his wrist. Keep his elbow up above his head. To assure your control.
Now lift up on the elbow and turn the wrist over. You can break his wrist and his elbow by continuing to apply pressure.

Bend his wrist while chopping down on his elbow. Lock the wrist and drop him to the ground in front of you where you secure the wrist lock by locking your knees around his elbow.

Continue your downward pressure on his wrist and his elbow.
For more pain you can reach up and grab his elbow and push forward to dislocate his shoulder.

You can also continue your pressure on his wrist and turn the elbow over to break it and the wrist.
You are held from behind in a bear hug. Reach up and smash the back of his hand with your knuckles. To loosen his grip.

Pull his right wrist out in front of your body and lock it, and then take your right elbow and smash the side of his head while continuing the wrist pain.
You are held from behind in a bear hug. Reach behind and strike the groin to loosen the grip.

Now come up and grab his left wrist and turn it out.

Continue to turn the wrist and step around and under. Lock the wrist up and keep the elbow high for control.
You are held by the hair. Reach up and grab his wrist to stop the pressure and turn his wrist straight over. The little finger should be pointing up.

Now lock the wrist with a downward wrist lock and push your body weight into the lock for more pain.

You can kick him in the chest or face to finish him.
You are held by the collar.
Reach up and grab the top of his wrist and the middle of the arm. Pull his hand off and turn the arm over using the elbow for leverage.

Continue the pressure on the wrist and elbow joint for control.
You are in the mount position. Take both on your hands a press on his wrist and forearm to push his arm to the ground.

Once the arm gets to the ground, lock the wrist and pull back towards your body and to the side.

You continue to apply wrist pressure and elbow joint pressure to secure the hold.
You are on top. Reach over and grab his right wrist and begin to bend it inward.

Continue to turn the wrist inward until it locks for control.
You are on top. Press his arms together and then hold the wrist of the right arm and pull the arm up straight. Sit on the shoulder to secure the hold.

Lock the wrist and lock both legs around the arm. Pull both arms back and fall to the floor, locking the wrist and the elbow joint.
To add more pain I like to sit back up and twist the wrist over and down.

Lock the wrist over and down and begin to push the wrist into the face area and down towards his body.

Finish by twisting the wrist across your body and locking it.

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A great wrist lock done from the back. The arm is bent and the wrist is also locked across the body.
From the back lift the arm and lock the wrist over.

Step over the arm with your right leg.

Sit down to lock the arm and lock the wrist. This is very powerful; do not use too much force when trying it.
From the back, reach down and pull up the left arm, locking the wrist. You apply pressure by bending the wrist and leaning forward.

To double the pain, reach over and grab the other arm and bring it up for a double painful hold down.
You are on the bottom in the guard, and he reaches down, and you grab his wrist and begin to lock it over and backwards.

Wrap your leg over his head and continue to apply wrist pressure, you can also choke with the legs, and lock the elbow.
Combinations using many different wrist locks.

Block the punch and grab the right wrist.
Roll the wrist over, lock it up, and point the fingers towards the ground to throw him to the ground under your legs.

Hold up on the wrist and stomp him in the chest. Drop your knee in his chest and bend the wrist and elbow backwards over his head.
Come down to one knee and push the arm to the ground, keeping pressure on the wrist to effect the hold.

Lift back up on the arm, and pull the elbow up. Bend over and grab the arm and lock the wrist and elbow to your side, while pulling up hard.
Continue to pull up and then lift the elbow up and place the arm on your leg, while locking the wrist across the leg.

Put the leg under the arm and turn the elbow hard to lock it more. You can pull the leg back and put more pressure on the elbow.
Lock the legs around the head while continuing to bend the wrist. Then you can lift the arm up and begin a arm bar and wrist lock.

While keeping the legs wrapped around the head. Lock the wrist and break it. You can let go of the head.
It is important to keep the wrist loose and strong. The following exercises should be done each time you practice your wrist locks.

**Exercises to loosen and strengthen the wrists.**

Finish by locking the wrist over to break it and then back to break the elbow.

Take each wrist and bend it backwards until you feel pressure. Do this at least 5 times each wrist.

Put the backs of the wrists together and press very hard to loosen them.

Hold the wrists out and shake them around in circles.
Take the wrists and put the palms together, press them straight down until they stretch, and then put them forwards and press them straight back.

Lock the fingers together and then roll the wrists in a complete circle. This is very hard, but very good for stretching and strengthening the wrists.