



World Class Federation of Martial Arts - WRIST GRABS



- 1) WHITE: Wrist grab same side. Reach "free" hand over and cup your own "trapped" hand's fist. Pull your trapped wrist towards you, freeing the grabbed wrist through the opening of the attacker's grip (between finger and thumb), while stepping forward. Turn towards your rear leg and escape. Follow up optional.
- 2) WHITE: Cross Side. Reach "free" hand and grab the trapped hand's fist. With the hand that is grabbing your trapped wrist, pull your trapped wrist towards you, freeing the grabbed wrist through the opening of the attacker's grip (between finger and thumb), stepping forward. Turn towards your rear leg and escape. Follow up optional.
- 3) ORANGE: Two on One (Opponent grabs one wrist with both hands). Grab your own wrist and step forward with the same foot as the wrist being grabbed. Push elbow through the middle of the attacker's arms and escape. Low block strike to groin using the recently freed hand, then use that same hand to high block strike to face. Twist and Punch, Punch to opponent's body, followed by a front push Kick (kick should be above opponent's waist).
- 4) ORANGE: Two on Two (opponent is grabbing both wrist). Step into a front stance, bringing your hands to the side of your head opposite of the leg that is stepping forward (both elbows should be pointed at your opponent, your hands should be next to your own head). Follow with double open hand strike to your opponents head (one striking above the ear & the other one striking the neck).
- 5) GREEN: KNEE KICK: Same Side grabbed. Turning your body slightly to the left and bending your knees, while keeping your hand in your center line, bring your right hand around opponents' wrist clockwise. Keep index finger out so that pad of hand presses on opponents' nerve. Push opponent's elbow across their body (to your left), while you step into right foot front stance. (Always step your back leg away from opponent's "weapon" hand). Left hand side hand strike to neck grip back of neck Pull down opponent's neck with left hand, & knee kick with left knee.
- 6) GREEN: RADIAL DROP: Same Side grabbed. Bend your grabbed wrist (your fingers toward you) and move your left hand to reach over top of opponent's left hand. With no space between your hand and opponent's hand, your fingers close around the knife edge of your opponent's hand. Counterclockwise motion to bring opponent's hand into wrist lock against your chest. Step Right foot toward opponent elbow down for radial lock
- 7) GREEN 2: SAME as 4 with "clothesline". 2 hands on 2. With right foot step to the right into a right foot front stance to opponent's left side while snapping your hands to right side (pull up against opponent's thumbs) Follow with double open hand strike to temple & neck. Left hand grab opponent's wrist and step "clothesline" take down.
- 8) GREEN 2: 2 on 2 from behind. Both arms come while stepping back into front stance (between opponents' legs) body slam. Turn toward opponent double pushing strike to collar bone front kick punch punch.
- 9) RED: Pressure Point. Cross Side seize the hand that grabbed you with your free hand. In a counterclockwise motion (Your hand comes up as if you were waving hello) Use your trapped wrist hand to apply pressure down as if "karate chop" on their pressure point.
- 10) RED: Grabbed from behind. Seize the hand that grabbed you with your "free" hand. Rotate your elbow around passed opponents arm and pull back like elbow back
- 11) RED: 2 Metacarpal (with knife edge of hand) Same Side. Turn palm of attacked wrist up and with your free hand go under attackers hand and grab the "meat" of the attackers hand, slide your hand out through the opening and apply metacarpal with knife edge of your hand.
- 12) RED 2: Metacarpal (with forearm) – grabbed cross side (right hand grabbed). Right foot steps across to opponent's right, simultaneously you reach your left hand over to grab under attacker's palm, while your right-hand circles counterclockwise pressing down on opponent's hand with your forearm, to break wrist. Elbow strike to temple.

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