

5 – 4 Kup

Double-Hand Wrist Grab

Elbow press lock

Rotate your trapped arm upwards and inwards toward your free arm, trapping your opponent's arms. Your free arm then puts pressure on the elbow joint, as you grip your opponent's wrist with your previously trapped hand. Step across your opponent's stance (or spin behind) to increase the pressure.

Outside wrist lock

Reach over with your free hand and take your opponent's hand (thumb between the knuckles, 2 fingers in the "meat" of the palm). Roll the hand outwards. When possible, break your arm free and use it to exert more pressure on the wrist. Step back as you do so, to increase the pressure further.

Reverse wrist lock

Using your free hand, reach across and take the nearest of your opponent's hands – thumb between the two major knuckles and fingers in the meat of the palm. Step across your opponent while lifting their arm. Twist under the arm while grabbing your opponent's thumb. Lift, to exert pressure on the wrist, while stretching the fingers.

Under armpit press lock

Similar to Outside Wrist Lock but, this time, pull the hands toward your chest to lock them in position, step forward and roll your trapped forearm over the opponent's elbow. Grip with the trapped hand, too. If you can hit with the elbow strike, that's a bonus !

Inward spinning lock

Lift your trapped hand (rolling inwards), to grip your opponent's hand. Grip the opposite side of the same arm, with your free hand. Then lift your arms in a big circular motion, the opposite way, stepping under the arm and throwing your opponent as you twist.

Hip throw wrist lock

Lift the trapped hand inward, to grip your opponent's arm / wrist. Roll the arm back out, across your opponent's body as you step across them and execute a hip throw (belt throw).