

# Beyond the Chair

by  
Keith  
Pascal



**Wrist-Lock Exercises:  
Practical From a Chair**

**Bonus  
to:**

**Wrist-Lock Exercises:  
Practical From a Chair**

by Keith Pascal



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**Note: You may copy this file in its entirety and gift copies to fellow martial-arts teachers. Anyone who finds this information valuable should kindly donate money. Use the link at the end of this ebook.**

This book is designed to provide information about wrist-lock principles and techniques. Specifically, its intent is to teachers provide a practical wrist-locks warm-up for their martial-arts classes.

It is sold with the understanding that neither the author, the publisher, nor anyone involved with the book is engaged in the rendering of legal advice, or advice and expertise for your specific situation, environment, or set of circumstances.

Teaching martial arts and self defense is serious business. You never know which actions could result in legal consequences.

It's also hard to give individual teachers specific advice without being there to witness the situation in question.

Services of competent professionals should be sought, to help you gain more expertise in judging self-defense situations and appropriate reactions.

**Thanks to Jay Frasier and Ben Rayack for the early-morning photo shoot. I am grateful.**

*by Keith Pascal*

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# **Beyond the Chair:**

## **Bonus to *Practical From a Chair***

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# Introduction



I don't know about you, but it delights me any time someone gets me to consider martial arts from a different perspective. That's what this ebonus is all about.

You need to have read **Wrist-Lock Exercise: Practical From a Chair** for this to make sense. If you haven't read it, [download it here](#). (Free — donate, if you find it useful, please.)

If you read the ebook and found it useful, then get ready for an even better lesson. This is a meta lesson — a lesson about the lesson. You will squeeze every last drop of practical-application learning out of *Practical From a Chair*, with the help of this bonus.

And if you didn't find the ebook useful to you, or only found it mildly amusing, then maybe this ebonus will show you some of the principles that you may have missed ... the first time around.

Let's get started reconsidering **Wrist-Lock Exercise: Practical From a Chair**.

Remember, it doesn't matter whether you are a teacher or a student. All in search of a practical lesson can benefit.

I wish you a good training session,

*Keith*

# Weak Warm Ups

We all understand the need to warm our muscles and stretch before working out. We reduce the chance of injury.

Really, any exercise that raises your heartbeat and works the major muscles will suffice. Good, old calisthenics do the trick.

If you want to be a truly great teacher (or self-directed student), you won't use jogging in place or jumping jacks as your warm-up exercise.

Why?

Because it doesn't relate. And other than reducing the chance of injury, it doesn't really help your students learn a martial-arts skill.

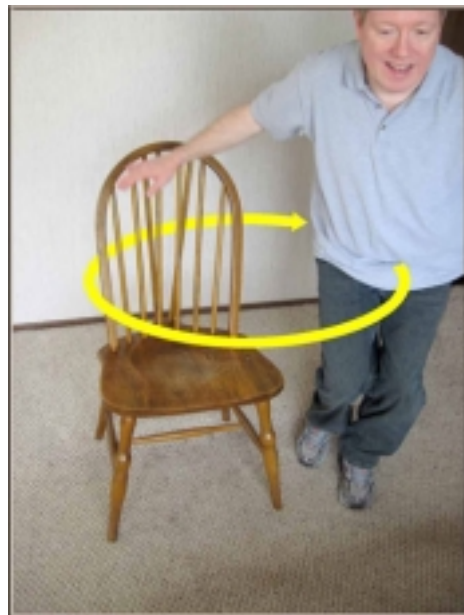
Much better to use a motion that will be used in the martial-arts part of the training. In this case, you had your students run around chairs. They circled the chairs as fast and efficiently as possible.

What's great about this is that when your students start, they will be clumsy and slow. As they practice, they will get a lot smoother. A lot more efficient.

And then, BAM — in the next exercise, the efficient movement will transfer itself into the locking sequence. Your students' footwork will be better, as they concentrate on the lock and opponent placement into the chair.

Can you generalize this principle? What ways could you raise your students' heart level, while having them practice for the next part of class?

Of course leg raises and kicks come to mind.



# More Than Trying Once or Twice

If you tried putting an practice partner into a chair a few times, or had your students try, then it was probably pretty sloppy. At least my students' performances were.

There was a lot of time wasted keeping control of the lock, preventing your opponent from wiggling free, and keeping his or her other limbs from striking out at you.

A lot of students are just happy that they can get a practice partner into the seated position using a joint lock. In their minds, no efficiency is necessary.

I encourage you to give this exercise more than a few tries.

After about a half an hour, I noticed my students' movements had smoothed. The seating process became much more economical in motion.

They were a lot faster.

And there was less of a chance of the opponent countering.

There are a lot of martial artists who claim to be serious, yet marvel at how skilled some of the other artists out there are.

This is one of those differences that makes the professionals so clean and quick in their technique. Rather than a once or twice practice, they worked towards proficiency.

Really.



# Did You Go Beyond The Photos?

When I first posted *Practical From a Chair*, some of my subscribers wrote complaining that the photos weren't clear enough and the instructions weren't complete enough to teach the locks in the photo.

Yes, I know.

I was serious when I said that the ebook was about the lesson and not about the specific wrist locks. I wasn't trying to teach anyone to do a lock.

If you want real wrist-lock instruction, then may I recommend *Wrist Locks: From Protecting Yourself to Becoming an Expert* (revised soft cover). I guarantee that you will learn specific locks, how to invent your own, reverse and counter locks, and so forth. It's a promise.

The fact that some people thought I was teaching, lets me know how poor some of the books and ebooks written by others must be.

Remember to take your students beyond the photos. Besides, different grabs require different locks.





# Chair or Floor?

If you want your students to look like professionals, then having them able to smartly smack someone into a seat is impressive. (So was that use of alliteration.)

Just imagine — an attacker grabs one of your students, and before you know it, your student has placed the aggressor's tush in the chair. Quickly, efficiently, and with complete control.

## How cool is that!

But it's not really very practical.

Hitting first is usually safer (not in the eyes of the law, remember). And as for placing your attacker in your seat .... probably not. Do you really want to seat him next to your girlfriend or wife? (boyfriend or husband?)



And as for giving the bad guy your comfortable spot, forget it.

If someone grabbed me roughly, I wouldn't worry about the chair business. I'd snap on a powerful lock, sending the bully roughly to the ground.

It's a more realistic scenario and response.

# The Bruce Lee Response

The Bruce Lee response would be to hit or kick first, before effecting a joint lock. The weapon of yours that is closest to the target — maybe a shin kick, or a punch to the face.

Note: Thanks to Alma Barce for reminding everyone of the groin hit. If the opening is there, then ...

**We always think *Hit first, Then Lock!***



Did you get from the last pages of the ebooklet, that you have lots of hits and kicks that can be added into your practice sequences. Certainly, there are more than just the elbow strike shown in the example.

You could lift into the elbow with a strike. You could back fist the ribs. Side kick low into the leg.

What else?

# Using the Chair

If you want to revisit this exercise with your students, change some element of the practice session. Keep it interesting for them ... and for you.

For example, maybe the penultimate sequence in your practice session could be to use the chair itself as a weapon.

**Try using the chair itself as a weapon or a distraction.**

Practice lifting it and hitting with it AS you lift. (Don't give advanced warning.)

Or practice lifting off the chair and then either kicking or shoving it into your opponent's legs. Maybe have them use the chair as a distraction — throw-and-hit, or throw-and-kick.

Make sure to keep it real, make it interesting, and always explore ways to respond with more and more efficient movements.

Even while using a chair as a weapon or distraction.

**And now ...**

# Last Word: Go Beyond the Chair

Most of the time when I watch classes practice wrist locks, they start with partners facing each other in neutral stances. The sequence proceeds from there.

This is fine in the beginning learning stages; unfortunately, some schools never get beyond this stage.

I think that expecting someone to passively face you and allow you to snap on a lock is living in a fantasy world.

It's a little bit better, when they start the lock as a response to a grab. A little.

At least, they are making it practical. But they are limiting themselves to this one position. They won't be accustomed to generalizing the moves.

Practicing wrist locks from a chair is a first step to learning to lock from other than a standing, neutral position.

Who knows? Maybe you'll teach wrist locks responses to being attacked in a movie theater, or from a bed. How about wrist locks while sitting on the ground, to simulate sitting on a blanket for a pic nic?

The possibilities are, if not endless, then ... out there for you to discover and to brainstorm.

I hope this bonus was worthwhile in helping you get more out of Practical From a Chair.

Sincerely,

*Keith Pascal*

PS If you didn't donate after reading **Wrist-Lock Exercises: Practical From a Chair**, and you found the information beneficial, then ... treat me to a lemonade (or maybe a burger and fries) — [Donate Here](#).

And thanks in advance for contributing and allowing me to continue to write martial arts information for you.