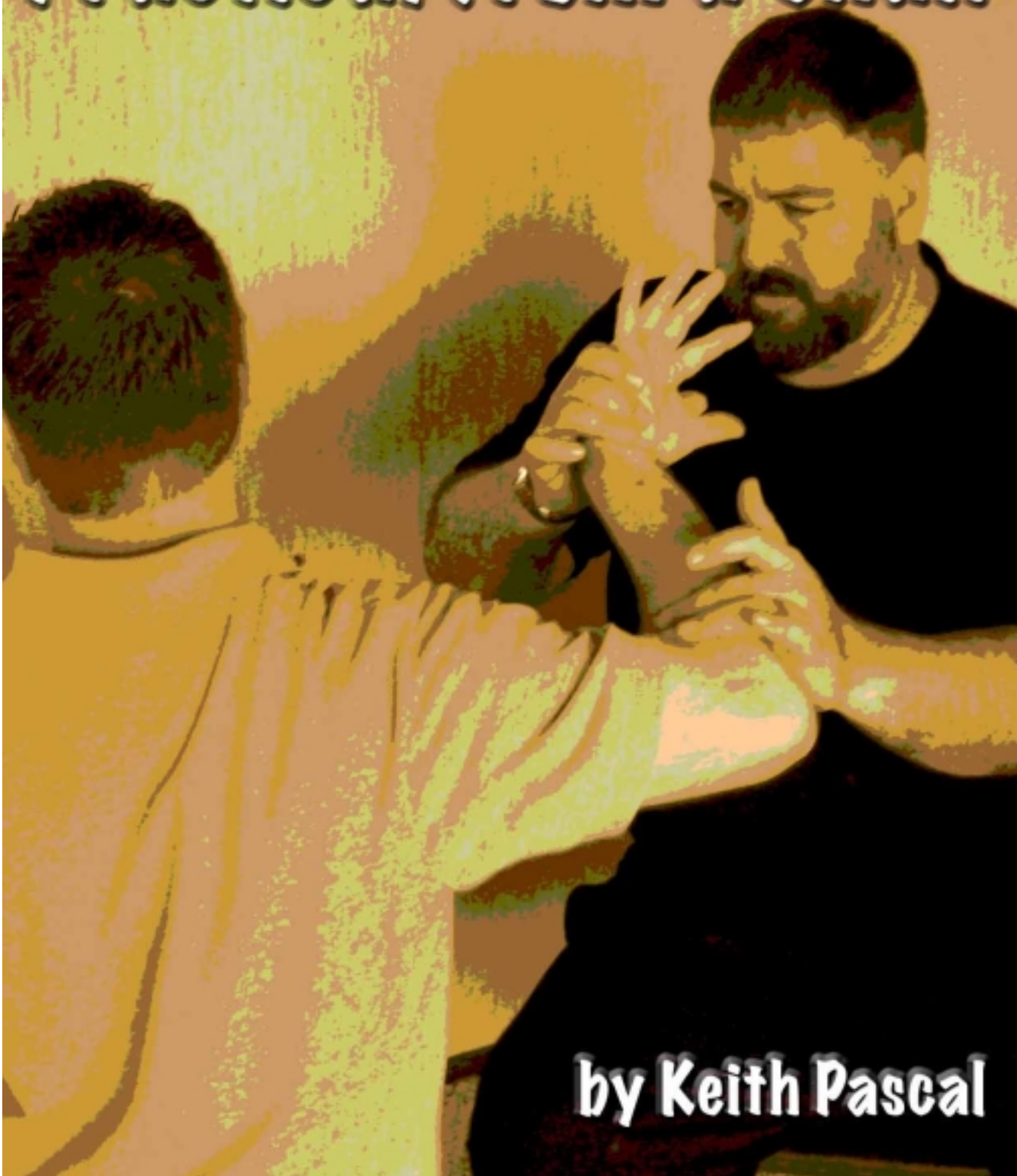


# Wrist-Lock Exercises: Practical From a Chair



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.**

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# Table of Contents

**Introduction – 5**

**Initial Warm-Up – 7**

**A Complicated Wrist Warm-Up – 8**

**Another Example of Replacement – 10**

**100% Controlled and/or To the Ground – 11**

**Practical Application – 15**

**Recommendations and a Donation, please – 19**

# Introduction

## Is This Lesson Free or Paid?

I'll let you answer that question yourself.

The reason is that I feel that the majority of martial artists are honest people. Given that assumption, I am going to let you decide:

- If you read this ebook and don't think it's a good lesson, then don't donate a dime. Really.
- If you are going to try out or follow some of the advice in this ebook, I'd appreciate a small donation.
- If you add it to your regular, martial-arts ebook collection, then you should donate ... more.
- And if you teach martial arts and are going to incorporate this into your lessons, then a "professional-sized donation" would be appropriate.

In other words, donate an amount that represents what this ebook is worth to you.

You'll find a donation link towards the end of this ebook. And thanks in advance,

*Keith*

## Is this ebook for Teachers or Students?

Both. I wrote this lesson for [www.TeachingMartialArts.com](http://www.TeachingMartialArts.com). So, it is geared toward martial-arts teachers. Your students will love this creative, multi-phased lesson.

On the other hand, if you are a student or if you direct your own martial-arts learning, then you will benefit from this lesson, as well.

You'll need a practice partner, to complete each phase of the lesson. And you need to know some wrist locks, in order to get started. (If you don't have a "workable set" of wrist and joint locks, look for my recommendation at the end of this ebook.)

Let's get started.

## Note:

*People  
practice partners  
are preferred!*

**Sorry, Lucy; not  
this time.**

**Jay, wait a  
minute while I  
remove my dog  
from the scene.**



# Initial Warm-Up

This is an easy exercise that can be performed solo. It's simple, really.

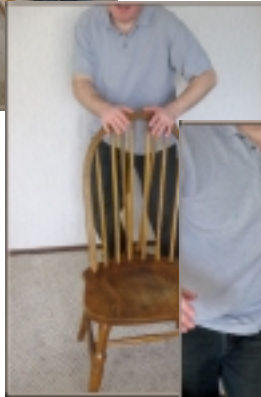
Have your students start from a seated position. When you yell "Go!" the students quickly jump out of their chairs. Have them run around the chair and sit down, as quickly and efficiently as possible.



Use this exercise as a warm-up; get a little sweat flowing, and raise the heartbeat a bit.

If you have already divided your students into pairs, then you can have them run around the chairs in shifts. "Group One, Go!" As soon as one group finishes, immediately, shout, "Group Two, Go!"

Alternate back and forth a few times. You'll get a feel for the optimum number of repetitions for your students.



**Lucy!**





# A Complicated Wrist Warm-Up

Your students are paired into separate groups. Each group of two has one chair to work with.

One student sits in the chair. The other student closes the distance and grabs the seated individual. Any grab will do.

Are you with me, so far?

Now, normally, we'd practice eye jabs, shin kicks, knee kicks, and so forth. The seated defender would respond to the grab with a quick hit or kick.

**NOT THIS TIME.**

Instead, you have your students warm up with a semi-complicated exercise. It's almost a game:

The seated student applies a wrist lock or other joint to the grabber. No hits or kicks first. The student has to rely on the lock only.

Now, this is where it gets interesting....

The object of this 'game' is to reverse position with your attacker. The student who was sitting, executes a lock on the grabber and uses the joint lock to control his (or her) attacker right into the chair.

As one student gets up, the lock forces the other student into a seated position in the same chair.

Make sure to practice a variety of locks, or it will get repetitive fast.

In the following sequence, Ben locks his arm around Jay's neck. Jay peels a finger from the grip, and uses this as his starting point for a joint lock.

From there, he manipulates Ben into the now empty chair.

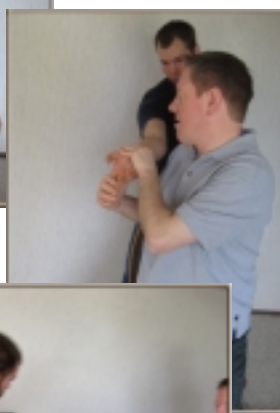
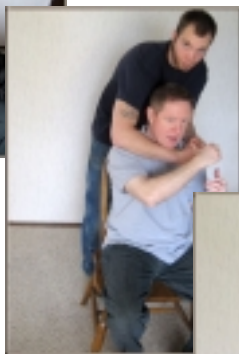
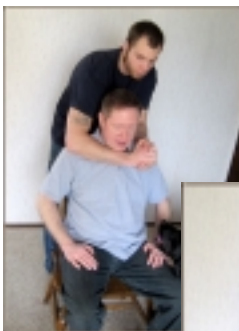


## VERY VERY IMPORTANT

Don't discount this exercise as being impractical. This is just the first phase of the lesson.

I took away the practical application on purpose. Call this a warm up for practicing a variety of locks from this position.

We'll get to the "meat" in a few minutes.



By the way, being able to seat someone with a wrist lock is an impressive skill. My teacher, Steve Golden, did a little demonstration of it, last summer at a seminar (camp). All were impressed.

Months later, when I tried to recreate his demonstration, I couldn't remember the grab that was used or the lock that Steve responded with.

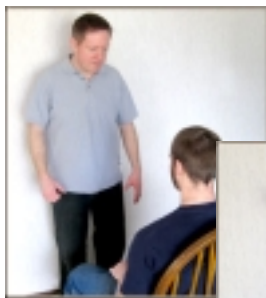


I remember that he seated his attacker quickly and efficiently, but that was about it.

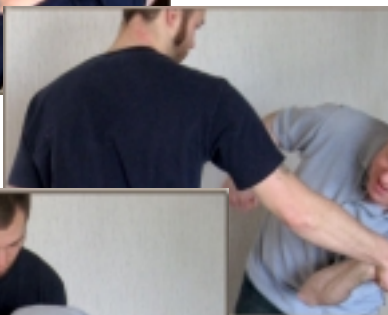
So ... I created this phase of the exercise, to allow me to brainstorm a variety of grabs and different responses.

I don't remember what Steve did, but it's not important. Now, I have 10-12 responses of my own.

## Here's another example of seat replacement using a wrist lock....



Notice how Ben prevents Jay's punch by applying more pressure to the lock.



Now, let's move to the next phase of this lesson....

## “100% Controlled” and/ or “To the Ground”

Now that you have your students warmed up with some locks in the sitting-replacement-game, it's time to make the exercise more practical. You are going to give your students two choices in the outcome of their controls. And then, as soon as they feel comfortable with this phase, you are going to give them a different directive.

Let's move on to this this next part of the lesson:

One student sits in the chair; the other comes in for a “grab.”

Note: I am being vague about the type of grab, because ... well ... I really don't care. High, low, back, neck, arm, front of shirt ... it doesn't matter. Have fun with the exercise.

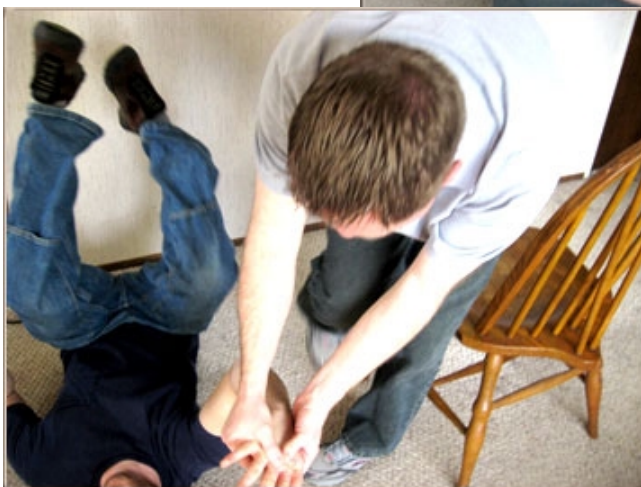
This time, there will be no seat replacement. Your seated student will control with a wrist lock, but stay seated the entire time.

Give this student a choice — either control the attacker to the ground with the lock, or apply a joint lock that is so controlling that the attacker can't respond with a hit or kick.

In other words, either drop the attacker to the floor with a lock, or use the lock to completely control him without the drop to the linoleum, wood, carpet, or grass.

Give your students time to experiment.

**First, here's an example of using the lock to control to the floor =>**



**Note: Jay, watch out for Ben's free hand! (If there isn't enough pressure on the lock, you'll get punched.)**

**In this example, Ben controls with a lock, but doesn't drop Jay all the way to the floor....**





When you see that they are comfortable controlling their attackers with different wrist locks, finger locks, and arm bars, then progress to the next stage:

Give your students a different directive.

This time, they use one hand for the lock and the other hand to:

- help control the lock
- move the attacker into a 'better' position
- add pain to the lock being applied with the other hand

And ... deal with a hit coming in!

Face it. Even if your attacker grabs you before hitting, a wrist lock might not be the best response to teach your students. While it all might work out in the dojo, in a real attack, the free hand could strike while your students are applying their locks.



I think that Ben could have hit Jay with his free hand, before Jay could effect a lock..



Yes, it's much easier during practice.

Make sure too easy for your practice partner. If you could hit, let him or her know ... if you know what I mean.



Now, let's turn this exercise into a technique for practical, advanced self defense.

Are you ready?

And Now ... drum roll ...

# Practical Application

This is where it gets good.

You are sitting in a chair, maybe in the lobby of a hotel, or at a restaurant. Out of nowhere, a big hulk grabs you in a threatening manner.

As he winds up for a power punch to your face, you go into action. Your defensive moves are offensive in nature. You are able to kick the shins from your seated position. At the same time, you swiftly punch him a couple of times with your hand that is closest to him.

The strange thing is that, as you go in for another hit, you find that your other hand has automatically applied a wrist lock to your attacker.

You have him completely controlled.

Game over.

And that's how you should practice, or have your students practice, this last phase:

In the first part of this lesson, you have your students practice lock after lock, from a sitting position. Then, in this last phase, you have the attacker come in for a grab and a hit.

Have your students revert to the more efficient ways of dealing with this type of situation — hits, kicks, elbows, and so on. But have them flow naturally into a lock, when the situation presents itself.

**Jay shuts his eyes as he punches — maybe in anticipation of his teacher's (my) response....**







**Jay was right. My first response was a hit to his face with my right fist. My left-hand check followed an instant later.**



**I felt Jay's right hand press into my checking hand. So, I allowed his pressure to continue and picked it up into a Double 90 wrist lock.**

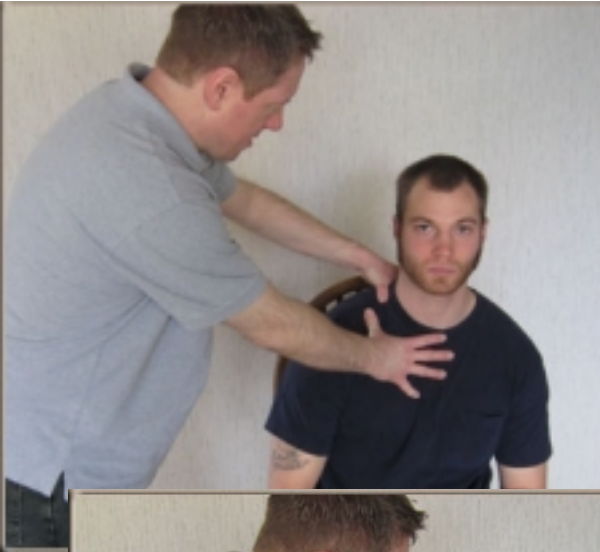


**Here, I continue into the full lock, and in the final two photos, the pressure of the Double 90 is used to control him.**



**For a complete explanation of The Double 90 and its practical application, refer to *Wrist Locks: From Protecting Yourself to Becoming an Expert* (Revised edition).**





**Here, Ben remembers his principles of Bruce Lee; as soon as he feels the beginning of a grab, he responds....**



**Ben starts his hit even before turning to face his attacker. He really does employ a hit-first philosophy.**





**Ben applies a wrist lock if he can flow into it, and AFTER he has hit. He doesn't force a lock that's not convenient.**

**Even with his wrist lock, he continues to take more control with his other arm. In this case, Ben controls Jay with pressure and a hit under the elbow. He maintains his initial lock pressure on the right wrist while hitting.**



**Ben also takes advantage of extra hits close by. Here, he snaps a quick back fist strike with the bottom of his fist. His targets are a few of the pressure points under the arm pit. (See Wrist Locks: From ....)**

**Notice that Ben applies enough pressure to raise Jay up on his toes – the sign of a good joint lock.**

# Did You Find These Exercises Useful?



And so we come to the end of our time together, unless you continue learning with one of my other ebooks like [The Punch eCourse](#) and [10 Days to Better Knife Fighting](#). Both are available online.

When I practice the exercises from this ebook with my students, I help them brainstorm at least a dozen different locks and scenarios. In other words, don't just settle for the few examples that I provided in this ebook.

If you need more locking ideas, then of course I recommend [Wrist Locks: From Protecting Yourself to Becoming an Expert](#). Make sure you get

the *Revised and Updated* version; it has 423 new photos, two bonus chapters, and some new wrist locks throughout.

Finally ...

**Did you find this ebook useful?**

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Thanks in advance,

*Keith*