

# **The Deleted Wrist Lock**

**The 'Mirror Variation' That Was  
Cut from the Book and Why**



**by Keith Pascal**

© **Kerwin Benson Publishing, 2008**

All rights reserved. With the exception of brief quotations for the purpose of review, no part of this ebook may be reproduced (nor transmitted) in any form or by any means, electronic, photocopying, or otherwise, without the prior written permission of the publisher.

This book is designed to provide authoritative information with regard to wrist locking. It is distributed with the understanding that neither the author, the publisher, nor anyone involved with the book is engaged in rendering legal advice, or advice and expertise for your specific situation or set of circumstances.

If expert counseling of any kind, including legal, is required, the services of competent professional people should be sought for each specific area in question. And you should do a lot of your own research too.

Always practice wrist locks and martial arts with caution. Be responsible for your own safety and the safety of your practice partners.

# Introduction

Here's a useful lock that may be new to you. It's a decent lock that I was developing for inclusion in the *Revised and Updated Edition* of **Wrist Locks: From Protecting Yourself to Becoming an Expert**.

Unfortunately, there were some angle problems.

I really did have a planned "set" of locks in mind to teach in *Wrist Locks*. You need to be able to flow from one lock to the next, reverse locks, and make them practical. And fortunately or unfortunately, I had strict standards.

Well, the following lock didn't make the cut.

I didn't even write it up formally, (until now). It would have been left in limbo forever. But I do feel that switching the reference points on this lock is a valuable principle. Maybe you'll be able to generalize the principle.

What follows is a brief explanation of the lock modification, followed by the angle problem, and then a ... quick fix.

Try the wrist lock and see what you get out of the *mirror* change. May it be of use to you,

*Keith Pascal*

Author of [Wrist Locks \(Revised and Updated\)](#)

# Pattern #2, 4th Lock

In the original wrist lock, you bend your aggressor's wrist in with your hand, and control with his (or her) elbow against your chest. (Photos 1 and 2)



*Photo 1*

You control by applying more pressure against the wrist, bending your opponent's fingers in toward your own body.



*Photo 2*

Note: There are several ways to lead into this wrist lock. For a few ideas check out the updated edition of *Wrist Locks*.

Make sure you take the time to learn the lock that leads into this one AND the wrist lock that follows this one in Pattern #2 of *Wrist Locks*.

You'll start to feel positions that naturally lead into this wrist lock. (This is the beginnings of learning to flow.)

If you apply enough pressure, you can even get your aggressor to lift up on tiptoes, in pain.

The grimaces on the face aren't bad either.

Oh, and did I mention the accompanying shriek of agony?

## Reverse Contact Points

I had been playing with this lock for over two decade before I started trying to effect the same wrist lock with variations.

Did I always have to have the elbow against my chest?

Was it necessary to stand along side my attacker?

What about how I exerted pressure against his wrist.

I started playing around with variations.

One of the variations was almost a mirror image of the original lock. (Photo 3)



*Photo 3*

I thought my variation might even be an improvement on the original. Think about it. In the original, when you grab your opponent's hand, you have to rotate into the side-by-side position.

Whether your opponent pivots, you pivot, or you both rotate a little, the "alignment" still takes time.

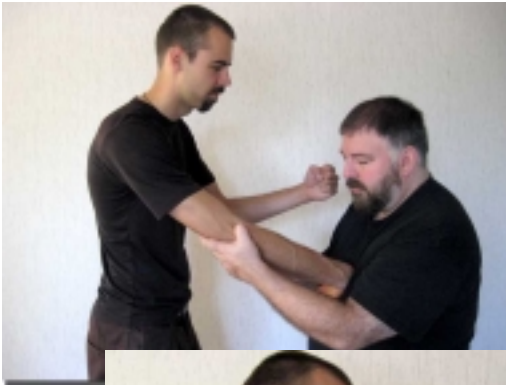
With my new wrist lock, you didn't need to take any extra time to execute the technique. You just walked into the lock, so to speak. Very efficient, since you often face your opponent in a fight.

A great new joint control ... or so I thought.

# Danger, Danger Will Robinson!

Unfortunately, it took about three repetitions of the lock to discover a real weakness.

Since you are on the inside of the body, your opponent's other hand can come into play. As you effect the lock, you put yourself at risk of getting punched in the face. (Photos 4 and 5)



*Photos 4 and 5*



The problem was that, in order to put pressure on the wrist, you had to stay close to the body.

With a lock like the Basic Lock (See *Wrist Locks*, pages 48-65), you can take a step back and still exert plenty of pressure on the wrist. Performing a Basic Lock, you can move out of range of the other fist.

Not so, if you have to press against your attacker's wrist with your body.

In a desperate attempt to save the lock, I tried the lock with my other hand. Nope. No luck. I was still susceptible to the punch.

OK, it's a potentially dangerous move to try, now what?

## Sure, There Is A Counter, But ...

This modified wrist lock's problem is that you don't want to get smacked in the face, right?

Well, if I were to find a punch coming in at me, I'd punch straight in with my free hand.

This is the most efficient way. Although a shin kick at this point, would also be effective.

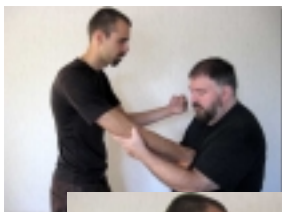
If you do happen to accidentally block or check, there is still hope. It's not my favorite *out*, but it does work.

If you can avoid having your wrist lock countered in the first place, that's a lot better.

If you have to take a punch coming at you with a check or a block ...



Flow right into an arm lock, slamming your arm against his. Your goal is to straighten out the arm and slam the elbow at the same time. (Photos 6-9)



Photos 6-9

From there, if you feel the need to give up the wrist lock, then use your locking hand to punch. *Oh, and still think about a shin kick in the mix, too.*(Photos 10-11)



Photos 10-11



Note: If your opponent bends his arm as you try to wrench it, then flow straight into *Punching Toward The Moon*, page 126 of *Wrist Locks* (Revised and Updated). After all, you won't always be locking a 7-foot tall opponent. But be careful with this punch — don't *tweak* or break someone's back, accidentally.

# End Note Apology

I hope you found this snippet useful.

In a way, I feel guilty about publishing it. It's not a fair representation of the **Updated [Wrist Locks: From Protecting Yourself to Becoming an Expert](#)**.

The new, soft-cover book is so much better. There are more photos for each description, and each sequence *fits*. It all makes sense.

**Also available at Amazon.com (Look for the revised soft cover): [Revised Wrist Locks at Amazon.com](#)**

As I said, this was just a snippet ... and one that wasn't good enough to be included in the book.

Take the principle — expand on it.

## What's the principle?

Think of it like this: You don't always have to grab the same spots on your opponent to effect the lock. You can, if you experiment, achieve the same pressure and the same pain with a different orientation on the pressure-sensitive areas.

I hope you do spend some time experimenting. It's important to your development as a wrist locks expert. (That's why I devoted a chapter to the subject of inventing locks.)

I think you will experience a unique feeling of success the first time you flow into a lock where the pressure is familiar, but you got to the position unplanned. Totally impromptu.

It will happen.

Now, I'll let you get to your wrist locks practice. Remember, if you do try this variation — watch for that fist on your blind side.

*Keith*