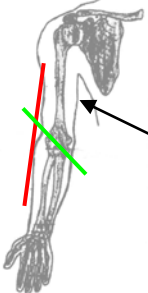
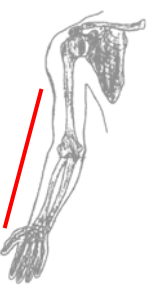
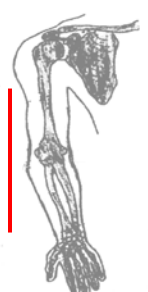
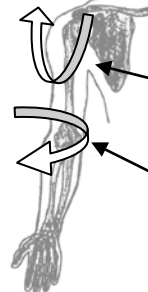


UNDERSTANDING Arm-Bars

As in all waza's, arm bar locks have several names; *Ude-Hishigi-Juji-Gatami*, *Ude-Hishigi-Ashi-Gatami*, *Ude-Nage-Waza* just to mention as few. To produce an effective arm lock, two elements are required. **1st**, the forearm *Ude* and **2nd**, the elbow *Hiji* ... hence the general name (Ude-to-Hiji-Waza) for Armbar locks. Specific names like *Ude-Hishigi-Juji-Gatami* mentioned above, is an arm lock on the ground with Tori's legs crossing Uke's arm while on there backs and pulling down on Uke's arm. This is one of *Judo's* bread & butter techniques and is the most common winning technique used in Ultimate Fighting Competition!

Of all waza's ... arm bar techniques rely heavily on the physics of the fulcrum and leverage system! By holding, supporting or restricting Uke's forearm (Ude) and applying pressure to the elbow (Hiji), severe pain and elbow break will result. ***It must be emphasized that several unseen variables are involved besides simply applying pressure to the elbow.*** As the lower and upper arm is supported by several tissue structures of tendons, ligaments and muscle, obviously the arm is much stronger than the wrist! In addition to this, there are three (3) types of arms and two (2) natural pivot points of the shoulder, each of which must be considered.

	<p style="text-align: center;">TYPE I. ARM:</p> <p><i>Upper & lower arm in line:</i> This is normal for the majority of individuals and is what you will be dealing with in most situations.</p> <p>Note: Placement of leverage to the elbow <u>must</u> be <i>diagonal</i> across the joint. <i>Straight at, above or below the joint will not work!</i></p>		<p style="text-align: center;">TYPE II. ARM:</p> <p><i>Lower arm extended outward:</i> Easiest to <u>apply</u> and <u>break</u> but not to control, as it is difficult at times as to where the elbow is in relation to the arm. <i>Tall lanky men and women usually have this type of arm configuration.</i></p>
	<p style="text-align: center;">TYPE III. ARM:</p> <p><i>Lower arm curved inward:</i> The curve inward provides a natural strength to an individual and is the most difficult to apply and control. <i>Short stocky & heavy boned individuals usually have this type of arm configuration.</i></p> <p>Note: Best to avoid Armbar & apply gooseneck type wristlock.</p>		<p style="text-align: center;">Two Pivot points of the shoulder:</p> <ol style="list-style-type: none"> 1. With the arm relaxed at the side, the arm will rotate 360 degrees in a full circle. 2. With the arm relaxed at the side, the arm will rotate 270 degrees as well as at the horizontal position or parallel to the floor.

Note (1): For complete lock and control while on the ground, Uke must be in one of two positions.

(a): **On his stomach:** Should Uke have the other arm under him, be slightly on his side or with his butt up and on his knees, he has space and strength in which to escape! ***For complete lock, he must be flat and kissing the mat from head to toe!***

(b): **On his back:** Lying flat on his back, Uke will be able to reach over with his free arm and grab, proving that he still has strength! For complete lock, ***Uke must be in an arched position ... shoulders flat, up on his toes with back & hips arched!*** **Note:** When changing Uke over to his stomach, increase the pressure on the elbow (making sure the arch is maintained), then ... rotate the arm toward the head, giving just enough clearance for Uke to roll over.

Note (2): Given the above problem, arm locks are very complex and involve the knowledge of degrees in angle and direction changes more than any other waza form. Learning arm locks techniques is as varied in numbers as are wrist techniques, and must be fully understood for each to work in conjunction with one another.

Note (3): As Uke's (hand, wrist or arm) will be captured by one of your hands, application of leverage to Uke's elbow can be supplied by your *free hand, forearm, knee, shoulder, chest, hip, leg, foot or a weapon, etc.* Taking advantage of available surroundings (chair, railing, post, etc) can also be effective. *Advanced levels of compound wrist and Armbar techniques in unison with each other truly state the meaning of "Itai" ... so learn them well!*

Note (4): Understanding the three types of arms, the two natural pivot points and the angle direction changes that are necessary for complete lock and control, arm bars will be easier to apply. **Make no mistake ... this is one Waza form that requires a quick change into another principle or technique should Uke break loose.** Once he bends his arm inward, ***you will not regain an arm-bar lock!***



Shobudo Bujitsu Kai

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