

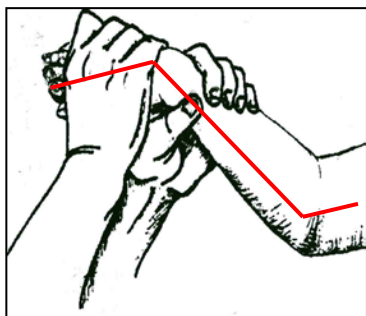
UNDERSTANDING

Wrist-locks

The foundation of all wristlock is based upon three directions of the wrist. Since the wrist (rotates, bends, twists or turns) naturally in three directions, pain through Itai and lock is created by extending the wrist beyond the limits of its natural rotation! In concert with this are circular-motions (circles within circles) that must be maintained with constant and continuous pressure to the wrist in direction changes made in response to Uke. To fully appreciate and understand the many applications and complexities that make up wristlocks, it's imperative that the principles of angles and directions are fully understood in reaction to an aggressor's response to pain and natural instincts! **NOTE:** Finger locks are not the same as wrist locks and have no real painful effect to the wrist! Although the wrist is bent backward to the hand, pain is felt only to the finger or fingers that are under the control of Tori.

The principles that control the wrist and their direction of force are the factors that determine wrist-locks and arm-bars in general. In *Judo*, a combination of throwing & grappling techniques are their specialty. In *Karate*, their specialty is a combination of blocks, kicks & strikes. In *Jitsu's* joint-locking techniques is our specialty! Therefore of all the waza's listed, emphasis is placed heavily on wrist-locks (*Tekubi-Waza*) and arm-bars (*Ude-to Hiji-Waza*), **as they are the most complex to understand, learn and execute.**

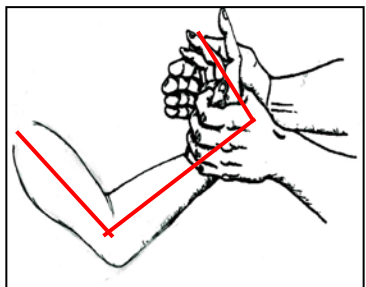
As there are many types of individual & combination locks within the three sets of wrist-locks and each having a separate name, I have broken them into three names for simplicity! Wrist: (*Tekubi*), Control: (*Yokusei*), Number: (*Ich, Ni, San*). No matter how many combinations there are, *all start from the three basic foundations as described below:*



Tekubi-Yokusei-Ichi: (1st wrist control and principle).

1). **Direction of Force:** This wrist-lock forces Uke downward to his knees or flat on his stomach as long as the elbow and wrist are kept parallel to the floor. Changing or dropping the angle of the elbow will force Uke forward. Changing or raising the elbow will force Uke backward.

2). **Wrist, Arm & Hand Configuration:** This is a cross grasp (*Tori's* right hand on *Uke's* right hand) in which *Uke's* hand is rotated inward (little finger up & forefinger & thumb down).

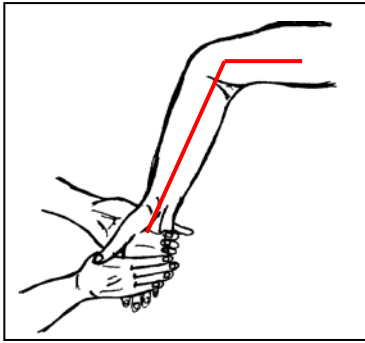


Tekubi Yokusei Ni: (2nd wrist control and principle).

1). **Direction of Force:** Down and outward in which Uke will normally end up on his back. Go straight into a gooseneck lock before changing into another and more secure technique.

2). **Wrist, Arm & Hand Configuration: Note:** This can be a same side or cross side grasp as follows; (a) As shown, Tori grasps Uke's right hand with his left hand supported with his right hand and (b), Tori grasps Uke's right hand with his

right hand (reverse grasp) supported with his left hand. In either grasp, the direction is down & outward ... Uke still landing on his back!



Tekubi Yokusei San: (3rd wrist control & principle).

1). **Direct of Force:** Up and to the rear. This is a twisting (corkscrew) upward motion toward the ceiling. **Note:** Of the (3) wrist-locks, **this has the most control.** *Uke* can be controlled backwards into a wall, sat in a chair, put to the ground on his back or stomach, picked up & thrown! **Important:** The elbow must be elevated higher than both shoulders otherwise *Uke* will turn his back into you.

2). **Wrist, Arm & Hand Configuration:** **Note:** There are (2) variations to this wrist-lock as follows; (a) as shown, *Tori's* right hand grasps *Uke's* right hand as in a hand shake. *Tori's* left hand grasps *Uke's* right hand (thumb against web of

forefinger & thumb of *Uke*) with fingers gripping *Uke's* hand. Wrist & forearm must be kept straight and corkscrewed into the elbow. (b) Two thumbs together and palms up. The only change is *Tori's* right hand will be palm up cradling *Uke's* hand. *Uke's* wrist in this case will be bent upward. The same corkscrew motion will still be executed. This is extremely painful but does not have the controlling factors as explained in Direction of Force above!

From the above three wrist-locks you will be able to execute each one (in several variations) from (front & back), wrist grasps, leverage holds, chokes, strikes, kicks and weapons from the standing, sitting and lying down position.



尚
武
道

Shobudo Bujitsu Kai