

1

NAME _____

*

SUBJECT Wrist Grabs Study

DATE _____

Wrist Grabs

I. Warm up flexes

II. Your choices

| | Fwd | Back |
|---------|-----|------|
| Inside | IF | IB |
| Outside | OF | OB |

III. 1. single - A. across d) hand shakes - all crusher
 a. static or pulling

Tech. Name - _____

I O F B

b. pushing down

Tech. Name - _____

I O F B

c. you are palm up

Tech. Name - _____

I O F B

d. you are palm down

Tech. Name - _____

I O F B

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2

III, 1. single - A. across 1) wrist grab - testing

a. Try: I O F B - what works?

Tech. Name - _____

B. direct 1) wrist grab - testing

a. Try: I O F B - what works?

Tech. Name - _____

2. double A. Front 1) wrist grabs - testing

a. Try: I O F B - what works?

Tech. Name - _____

B. Back 1) wrist grabs - testing

a. Try I O F B - what works?

3. Walk away - A. Fun / simple

B. Mean / additional moves