

Cheongye Kwan Daehando

Standing Wrist Lock number 3



Begin by facing your opponent in short fighting stance (closed stance) making sure that your eyes do not leave him until you have completely dealt with the situation.

You should both be just outside of the fighting zone and in a non-tensed guard.

As the attacker moves in, he steps forward with a stepping punch aimed directly to the bridge of your nose.

From your stance, you move your front leg by stepping outwards away from the attacker and execute a reverse high section outer Knife hand Block.



Once the block has connected with the attacking arm, grab hold of the wrist and execute a rear (right) leg bit chagi with the ball of the foot to their solar plexus (putting the foot back behind you), this will create a bending of their body

Keep hold of the attacking wrist as your left palm is placed on the back of the attacking arms elbow.

Now apply a bending pressure to the attacking wrist forcing their palm inwards towards their arm.





From here, their arm will want to bend and the elbow will begin the lift upwards.

Allow this to happen keeping your hand on the back (or now top) of their elbow.

Once in this position, press upwards on their wrist to lift them up and off balance.

Remember to keep your body to the side and away from additional attacks.

From this position the lock is applied by continuing to increase the pressure to the wrist whilst immobilising the elbow from further movement.

This can be maintained whilst you get help, or you can break the wrist, or throw them to the ground.

