

Technique: Inverted Wrist Releases**Overview**

While the Standard Wrist Release is quick and effective, if he changes his grip, the escape technique will no longer work. In this lesson, we'll teach you four Inverted Wrist Releases that can be relied upon anytime the Standard Variations fail, starting with the 1-on-1 variation.

Technical Slices**1. Inverted 1-on-1**

- *Indicator:* Assailant grabs your elevated wrist with an inverted grip.
- *Essential Detail:* Keep your hand close to your chest to maximize leverage.
- *Most Common Mistake:* Failure to twist shoulders during wrist release motion.
- *Bad Guy Reminder:* Make sure to grab an "inverted" grip.
- *Drill Orders:* 1 rep on each wrist, reverse roles.

2. Inverted 2-on-1

- *Indicator:* Assailant grabs your wrist with both of his hands with an elevated inverted grip.
- *Essential Detail:* Use the other arm to secure your fist to your chest while rotating your body to escape.
- *Most Common Mistake:* Using the arms to escape instead of the entire body movement.
- *Drill Orders:* 1 rep on each wrist, reverse roles.

3. Inverted 2-on-2

- *Indicator:* Assailant grabs both of your wrists with both of his hands with an elevated inverted grip.
- *Essential Detail:* Create distance between your fists and release one wrist at a time.
- *Most Common Mistake:* Not establishing a base with your strong side back.
- *Drill Orders:* 2 reps, reverse roles.

4. Inverted (Low)

- *Indicator:* Assailant grabs your wrist down low with an inverted grip.
- *Essential Detail:* Twist your thumb to the outside as if you were hitchhiking.
- *Most Common Mistake:* Pulling the hand out instead of pushing the elbow towards their hip and prying it out.
- *Drill Orders:* 1 rep on each wrist, reverse roles.

5. Fight Philosophy – Stranger 4 Phase Strategy (Phase 1 & 2 Focus)

- **Phase 1: Identify an Unsuspecting Target**
 - Use the Triangle of Victimization to help us stay vigilant and "suspecting" when needed.
- **Phase 2: Subdue and Isolate the Target**
 - Chaos is our friend in Phase 2. Do everything in your power to draw attention to the attack to increase the chances of bystander intervention.
- **Phase 3: Control and Exhaust the Target**
- **Phase 4: Carry out the Assault**

Reflex Development Drill

Practice all Wrist Releases in random order in combination with standing Combat Base strategies. Name the techniques as you do them. Once the techniques are well understood, try this RDD with your eyes closed.

Mindset Minute

Although these wrist releases are effective, they are still completely counter-intuitive. We must get closer to our opponent in order to create the leverage we need to escape.