

**Technique: Standard Wrist Releases****Overview**

A perpetrator will often grab a woman by the wrists to detain, neutralize, isolate, or demean her. In this lesson, we teach you how to use leverage or “alavanca” to break the attacker’s grip, regardless of their size or strength. We will discuss three different grip configurations, starting with Standard Grip (1-on-1).

**Technical Slices****1. Standard 1-on-1**

- *Indicator:* Assailant grabs one of your wrists with one hand.
- *Essential Detail:* Getting closer to the assailant and pushing your elbow towards their elbow.
- *Most Common Mistake:* Abruptly pulling away rather than prying with leverage.
- *Bad Guy Reminder:* Use only a “palm up” grip for this variation.
- *Safety Tip:* Don’t grab so viciously that it burns your partner’s wrist during practice.
- *Drill Orders:* 2 reps on each wrist, reverse roles.

**2. Standard 2-on-1**

- *Indicator:* Assailant grabs one of your wrists with both of his hands.
- *Essential Detail:* Establish base first, then secure your fist and pry your way out.
- *Most Common Mistake:* Failure to drive the elbow forward for optimum leverage.
- *Safety Tip:* Don’t punch yourself in the face by pulling on your fist.
- *Drill Orders:* 1 rep on each wrist, reverse roles.

**3. Standard 2-on-2**

- *Indicator:* Assailant grabs both of your wrists with both of his hands.
- *Essential Detail:* Establish base and focus on escaping one wrist at a time.
- *Most Common Mistake:* Trying to remove both wrists at once.
- *Bad Guy Reminder:* Remember to check your partners base before their escape.
- *Drill Orders:* 2 reps, reverse roles.

**Mindset Minute**

Although vital to your success in a sexual assault scenario, the Wrist Releases will also come in handy in less threatening situations. At a party or in a crowded area, if someone grabs you by the wrist, you will have the reflexes to break free with ease.