

Metadata: [https://www.youtube.com/watch?v=eREPCq0m\\_Uo](https://www.youtube.com/watch?v=eREPCq0m_Uo)

With the wrist lock, one of the common issues that we may run into is people tend to make a tight fist. Sometimes when you're trying to go for the wrist, if they clench their fist really tight, what happens is it really stabilizes the wrist and makes that wrist strong, and it makes it hard to bend. So I'll just show you guys a really, really simple counter. If you go to this side again. Let's just try it here. We're actually positioning like this. So what happens is if he makes a really, really tight fist. Right now, there's no way I can push. It's really hard to push against his wrist to be able to bend it with just my hand. So what I do is I will actually reinforce his forearm with my leg. So I like to bring my knee up, and I bring my knee up right to where his wrist is. And then all I'm going to do is I'm just going to push his wrist past my leg. So once I push his wrist past my leg, that will bend it. And then immediately, I bring his wrist back in to break. So that's a really, really simple counter to a very, very common thing that people may try to do to basically prevent the wrist from getting bent. They'll make a really, really tight fist. They'll clench their fist tight to kind of stabilize the wrist. So if I feel he's making a tight fist, depending on where his arm is, I just bring my leg there to support it. And now, it's my chest again that's bending the wrist. And then I bring my elbow in, and I just lean my weight to basically break the wrist. So it's a really, really fast. It can be done really, really fast. But make sure that you guys are really careful when you're applying this because we can cause a lot of damage. The wrist is a really small joint. So we're just breaking it over the leg. So I push it over, break, and then push it in. So that's easy counter for any type of defense where they try to tighten, make a fist, and really clench their hand and try to make it so that you can't bend the wrist is just break it over. We bend the wrist over the leg, and then push it back in.