



Basic Wrist Release



Let's say for whatever reason a person has reached out and seized your wrist in a "Straight Across Grab".

Since you don't know what their intention is, we are going to leave!

All break-always require some sort of distraction (A yell works well "**LET GO!**").

Make a fist with the hand that is seized.

This will help you when you "Rotate to the thumb".





Rotate your wrist inside their grip in preparation for the escape.

Bear in mind this will all happen very quickly. It is shown in stages for the sake of learning the movements.

(I am pointing at the wrist in this picture, it has no bearing in the escape.)

Leave your arm in place as you step *back* in an “**Angle**” with your opposite foot.

This would be the proper time to Yell.





The moment your rear foot hits the ground, pivot your body away and snatch your hand to your sternum.

This is called “*Hand/Foot Timing*”.

This makes you use *body weight* instead of strength to free yourself from the grab.

With any technique you must practice to become proficient. Start soft and slow, then have a partner begin to grab and hold tight. Work up to where they are holding as tight as they can. When you use body weight instead of strength they will not be able to hold you.

If the attacker pulls you in, simply step forward (close to them) and perform the same technique.

Practice until it becomes one fluid movement.

Keep Practicing and Stay Safe!