

FSSD CONTROL HOLDS

Wrist lock

This is the most basic of holds

- Take hold of your opponents left hand in this manner:
- Place the thumb of your right hand on the back of your opponents left hand
- The thumb should be located just below the knuckles on the back of the hand and between the middle fingers
- Wrap the fingers over the little finger edge of your opponents left hand, grasping the palm not the wrist
- Turn your opponents hand over towards your opponents body
- This should bend your opponents wrist causing the fingers to point upwards
- Pressure is applied by pressing the hand of your opponent towards their own wrist

Two handed wrist lock

- Take hold of your opponents left hand in this manner:
- Place the thumb of your right hand on the back of your opponents left hand
- The thumb should be located just below the knuckles on the back of the hand and between the middle fingers
- Wrap the fingers over the little finger edge of your opponents left hand, grasping the palm not the wrist
- Turn your opponents hand over towards your opponents body
- This should bend your opponents wrist causing the fingers to point upwards
- Bring your other hand up and grasp the opponents hand by placing the thumb along side your other thumb and wrapping the fingers around the hand to join your fingers in the palm, your hands should be on either side of your opponents hand at this time
- Pressure is applied by pressing the hand of your opponent towards their own wrist

Wrist lock with arm bar

This is the most basic of the arm bar holds

- Take hold of your opponents left hand in this manner:

- Place the thumb of your right hand on the back of your opponents left hand
- The thumb should be located just below the knuckles on the back of the hand and between the middle fingers
- Wrap the fingers over the little finger edge of your opponents left hand, grasping the palm not the wrist
- Turn your opponents hand over towards your opponents body
- This should bend your opponents wrist causing the fingers to point upwards
- Pressure is applied by pressing the hand of your opponent towards their own wrist
- At the same time as applying pressure to the hand step to the side of your opponent (same side as the arm to which the wrist lock is applied) and lift the arm (maintain pressure on the wrist)
- This lifting motion should cause your opponent to bend forwards

Two handed wrist lock with arm bar

- Take hold of your opponents left hand in this manner:
- Place the thumb of your right hand on the back of your opponents left hand
- The thumb should be located just below the knuckles on the back of the hand and between the middle fingers
- Wrap the fingers over the little finger edge of your opponents left hand, grasping the palm not the wrist
- Turn your opponents hand over towards your opponents body
- This should bend your opponents wrist causing the fingers to point upwards
- Bring your other hand up and grasp the opponents hand by placing the thumb along side your other thumb and wrapping the fingers around the hand to join your fingers in the palm, your hands should be on either side of your opponents hand at this time
- Pressure is applied by pressing the hand of your opponent towards their own wrist
- At the same time as applying pressure to the hand step to the side of your opponent (same side as the arm to which the wrist lock is applied) and lift the arm (maintain pressure on the wrist)
- This lifting motion should cause your opponent to bend forwards

Wrist lock with elbow arm bar

This is the most basic of the arm bar holds

- Take hold of your opponents left hand in this manner:
- Place the thumb of your right hand on the back of your opponents left hand

- The thumb should be located just below the knuckles on the back of the hand and between the middle fingers
- Wrap the fingers over the little finger edge of your opponents left hand, grasping the palm not the wrist
- Turn your opponents hand over towards your opponents body
- This should bend your opponents wrist causing the fingers to point upwards
- Pressure is applied by pressing the hand of your opponent towards their own wrist
- At the same time as applying pressure to the hand step to the side of your opponent (same side as the arm to which the wrist lock is applied) place your other hand on the elbow of the opponents arm forcing it straight (maintain pressure on the wrist)
- The pressure on the elbow and the wrist lock, particularly in some one smaller than yourself, should cause your opponent to bend forwards

Wrist lock with shoulder arm bar

- Take hold of your opponents left hand in this manner:
- Place the thumb of your right hand on the back of your opponents left hand
- The thumb should be located just below the knuckles on the back of the hand and between the middle fingers
- Wrap the fingers over the little finger edge of your opponents left hand, grasping the palm not the wrist
- Turn your opponents hand over towards your opponents body
- This should bend your opponents wrist causing the fingers to point upwards
- Pressure is applied by pressing the hand of your opponent towards their own wrist
- At the same time as applying pressure to the hand step to the side of your opponent (same side as the arm to which the wrist lock is applied) place your other hand on the shoulder of your opponent
- Press down on the shoulder at the same time maintain pressure on the wrist lock and lift the arm upwards
- The pressure on the shoulder and the wrist lock, will cause your opponent to bend forwards

Figure "4" Arm Lock.

This technique works best for an overhead blow

- Your opponent is trying to strike you on the head with their left arm (may have a weapon or not)
- As your opponent comes in to strike the blow step forward and slightly to the side of the attacking arm

- Apply a head level block to the wrist of the descending arm with your right arm
- At the same time bring your left arm up and over the descending arm
- Reach out and grasp your own right forearm or preferably right bicep (palm towards your own arm)
- This should place your left elbow joint over the opponents arm
- Press down with your left arm at the same time push towards your opponent with your right arm
- This will cause your opponents arm to bend at the elbow, bringing their wrist towards their ear
- By stepping forwards with your outside foot and if necessary drag your rear foot you can apply even greater leverage to the opponents arm

This hold can be used as a take down hold by moving forwards and downwards whilst applying pressure to the arm

Or alternately by stepping behind your opponent's legs with your inside leg and pressing forwards and downwards on your opponents arm, a leg sweep could also be used as an alternate to stepping behind

Chicken Wing.

This is used mainly as an eviction hold

- Come up behind your opponent (in this instance on their right side)
- Reach between the opponents body and their right arm with your left arm
- Grasp your opponents right thumb, at the same time with your right hand grasp the elbow of their right arm and draw the arm in to your stomach
- Lift the opponents right arm so that it bends at the elbow by pressing upwards with your left arm, this will cause the opponents arm to be parallel to the floor whilst bending the wrist so that the back of the opponents hand points away from you with the thumb pointing towards the ground
- Pressure is applied by pulling the captured thumb towards your body, it is important to keep the elbow of the captured arm firmly in your stomach.
- You can then make the opponent walk with you in the direction you wish as this will cause great pain and cause the opponent up on their toes

Cuticle press

- This is a simple pressure point that is also a thumb and fist lock.
- By bending back your opponent's thumb and / or fingers towards the opponents palm pressing on the base of their cuticle with your thumb nail or fingers,
- You can cause a lot of pain that can result in your opponent releasing a hold on you.

Hammer Lock

This lock is a basic behind-the-back armlock.

- Your opponent is delivering a punch to your head or mid section with their left fist
- Step forward and slightly to the side
- With your right arm (hand open) apply an inside - outside block
- As the blow is deflected past you turn your blocking hand and slide it over the top of the opponents wrist and force it downwards
- At the same time reach out with your left hand and grasp the back of your opponents shoulder (attacking arm)
- Shift your stance so that you step slightly behind your opponent
- Continue the downward motion with your right hand until your opponents arm is bent behind their back into the classic hammerlock position
- Hold the lock and if necessary apply pressure by pushing your opponents arm up towards their own shoulder

Augmented Hammer Lock

- Your opponent is delivering a punch to your head or mid section with their left fist
- Step forward and slightly to the side
- With your right arm (hand open) apply an inside - outside block
- As the blow is deflected past you turn your blocking hand and slide it over the top of the opponents wrist and force it downwards
- At the same time reach out with your left hand and grasp the back of your opponents shoulder (attacking arm)
- Shift your stance so that you step slightly behind your opponent
- Continue the downward motion with your right hand until your opponents arm is bent behind their back into the classic hammerlock position
- Continue to hold the shoulder or collar with your left hand, lift the opponents wrist away from their body and slide your left arm under the wrist so that their wrist rests in the crook of your left elbow
- Release the wrist with your right hand and grasp the opponents elbow with your right hand (this is to stop the opponent releasing the hold by sliding their arm out of the crook of the elbow)
- Hold the lock and if necessary apply pressure by straightening your left arm.

A very painful version of this hold that will literally dislocate your opponents elbow when pressure is applied

- Instead of grasping the opponents elbow with your right hand form a bar across the opponents upper arm slide your right hand under your left arm (palm towards your left arm)
- Grasp your own left arm

- Pressure should be applied in one swift motion by straightening your left arm and at the same time assist the lift by pivoting your right arm around the opponents upper arm where your right arm rests.