

Lewjitsu



Wrist And Arms

Scope

- Standing wrist and shoulder control: yes
- Projections: a little (← forcing to ground)
- Atemi: touching on
- Throws: no
- Groundwork: no
- Chokes: no
- Lower body: no

Purpose

- This is a **supplementary** resource
- It may be useful for people learning self defense or combat sports
- It may be useful for anyone who needs to be able to control a body and know what will create danger
- Especially when there are constraints on their movement

RESPECT THE TAP

- Tapping is withdrawing consent - it's the line between training and a crime
- Tap with hand repeatedly - yell "TAP" - click fingers - stamp feet - one hand clapping - worst case tap yourself so it makes a noise
- If you don't let go after a tap and hurt someone, you have battered them

I HAVE NO IDEA WHAT I'M DOING

- (in case you couldn't tell from the Comic Sans)
- Autism special interest goes whee
- I have no medical or first aid training
- I have almost no martial arts training
- You shouldn't listen to me about any of this
- If you want to try any of this it's at your own risk
- Two black belts have actually read this though

Risk aware, consensual

- Do not do any of this on anyone who is not consenting and fully aware of the risks (except in self defense)
- Intoxication increases the risk profile greatly
- Difficulty communicating (eg loud venues) is problematic too
- If the event/venue forbids it, don't do it

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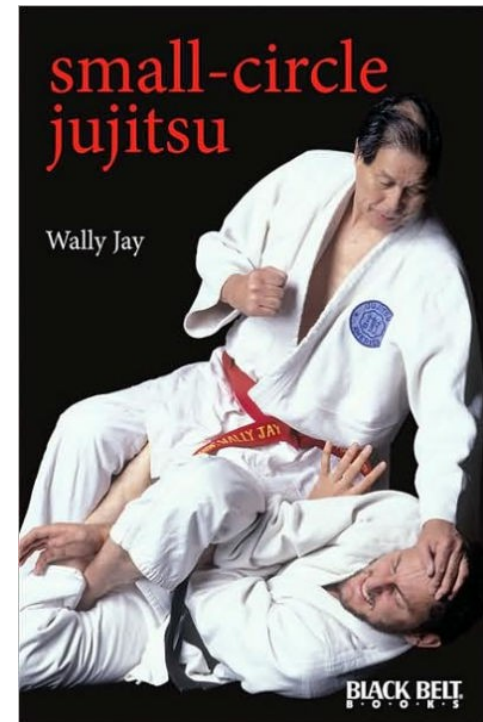
Wrist And Arms Anatomy and Risk

Relevant Anatomy Topics

- We will be working with three joints:
 - Wrist
 - Elbow
 - Shoulder
- Each has connected bones to the next
- Each has their own risk profile for manipulation

Quick aside

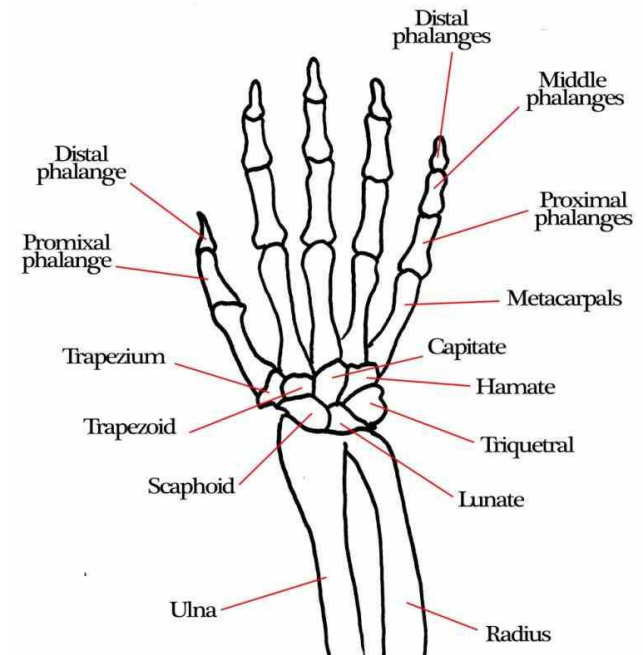
- We will not be significantly working with the fingers (phalanges).
- Fingers are a speciality of Small Circle Jujitsu (which I have never studied) if you want to explore that topic.
- Fingers are very dense - lots of super important stuff in a small package
- Combative utility is maybe questionable



Inset: Wally Jay, the founder of Small Circle Jujitsu, demonstrating appropriate use of force in self defense

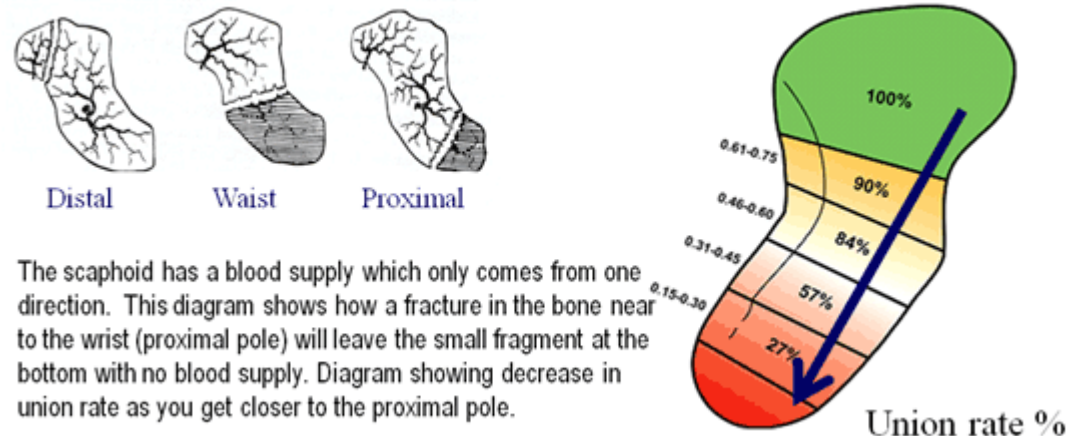
Wrist/Hand Anatomy

- The wrist and hand bones can broadly be placed into three sections:
- **Carpals (wrist)**
- **Metacarpals (hand)**
- **Phalanges (fingers)**



Wrist Risks

- The scaphoid bone is one of the most common ones to break (catching yourself from a fall) - usually **extension** injuries
- An injury can render blood unable to reach part of the bone
- If you damage it in the red area, it may never fully heal:



- You will have to use the other hand from then on

IMPORTANT: Constraining the wrist

- Wristlocks are orders of magnitude more dangerous when the wrist is constrained by controlling the elbow
- If you isolate the joint, the body cannot move to take stress off it
- Your margin for error is then measured in millimeters

Elbow risks

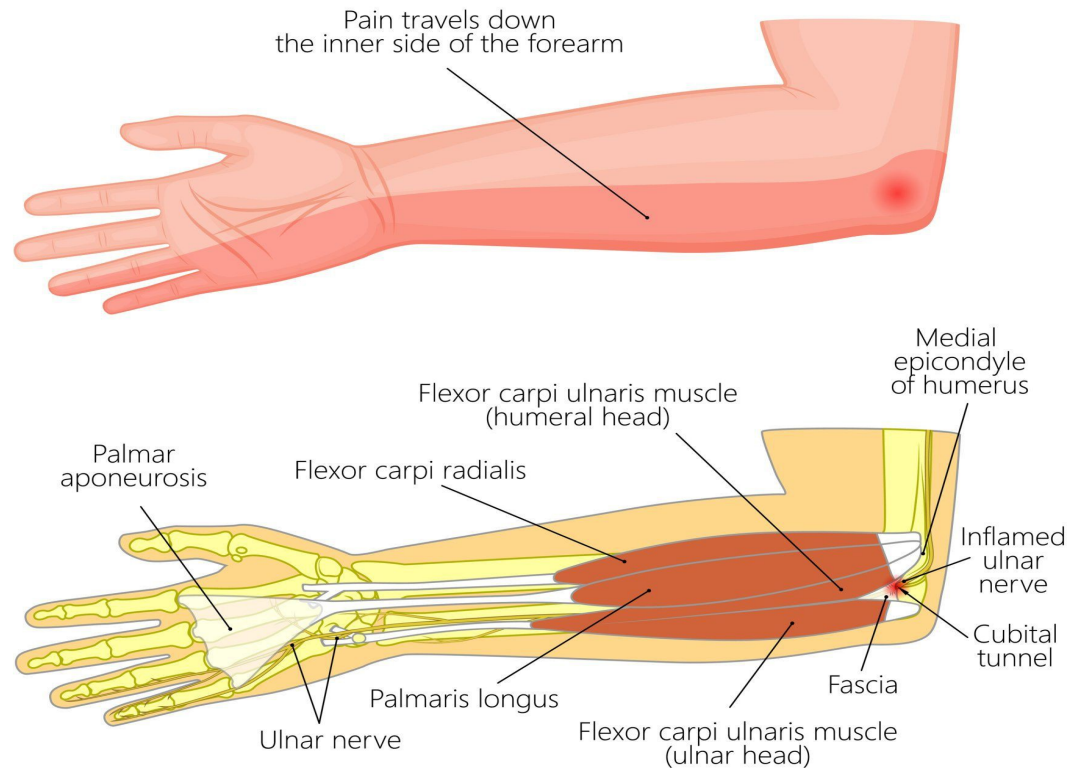
- We get a merciful reprieve with this one
- Many minor elbow injuries can heal on their own with conservative (RICE) treatment or much less drastic surgery
- Based on common injuries in combat sports, we'd mostly be worried about nerve damage
- Don't get complacent though - this can still be very serious
- The elbow is (in theory) the only joint judo players are allowed to attack in competition

Wrist Benefits

- A physician who is an aikido black belt suggested practicing wristlocks for conditioning
- I made it an "idle animation"
- It seemed to resolve my RSI???

I'm in this picture and I don't like it

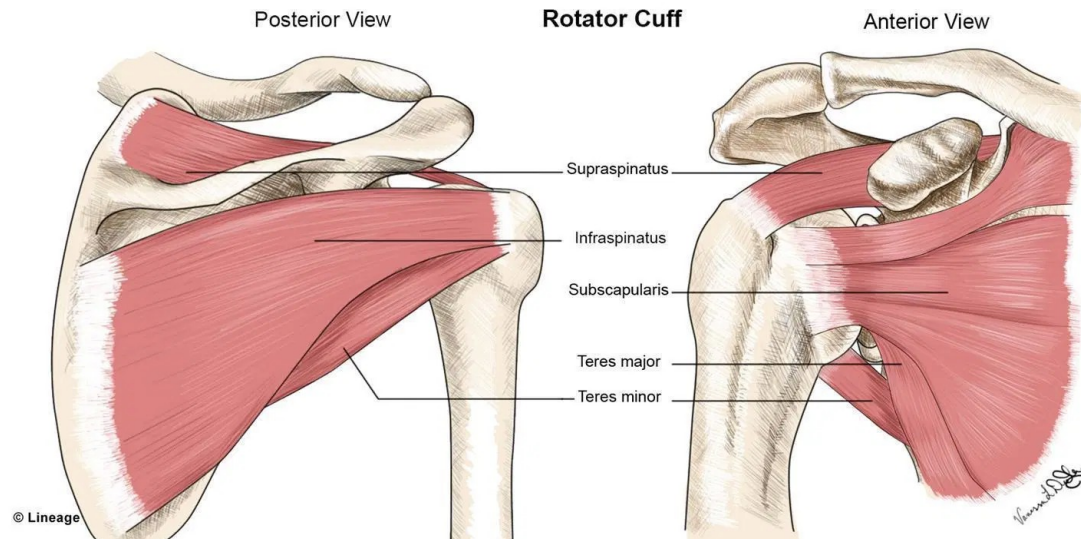
CUBITAL TUNNEL SYNDROME (ULNAR NERVE COMPRESSION)



- It is not likely I will ever be able to bench press

Shoulder risks

- This is the one I know the least about
- Rotator cuff injuries are common from certain attacks, and are notorious for never healing completely



Panic attacks

- Being overpowered/controlled
- *Large muscles* being overpowered
- Joints in peril
- Close physical contact (gender/size)
- Mental health first aid must be around
- **This is serious shit** - ask me about how panic attacks ruined my life

This is not exhaustive

- Bodies are complex and there are many unexpected ways they can fail
- Be careful, listen to your body
- Accept the risk or don't do it

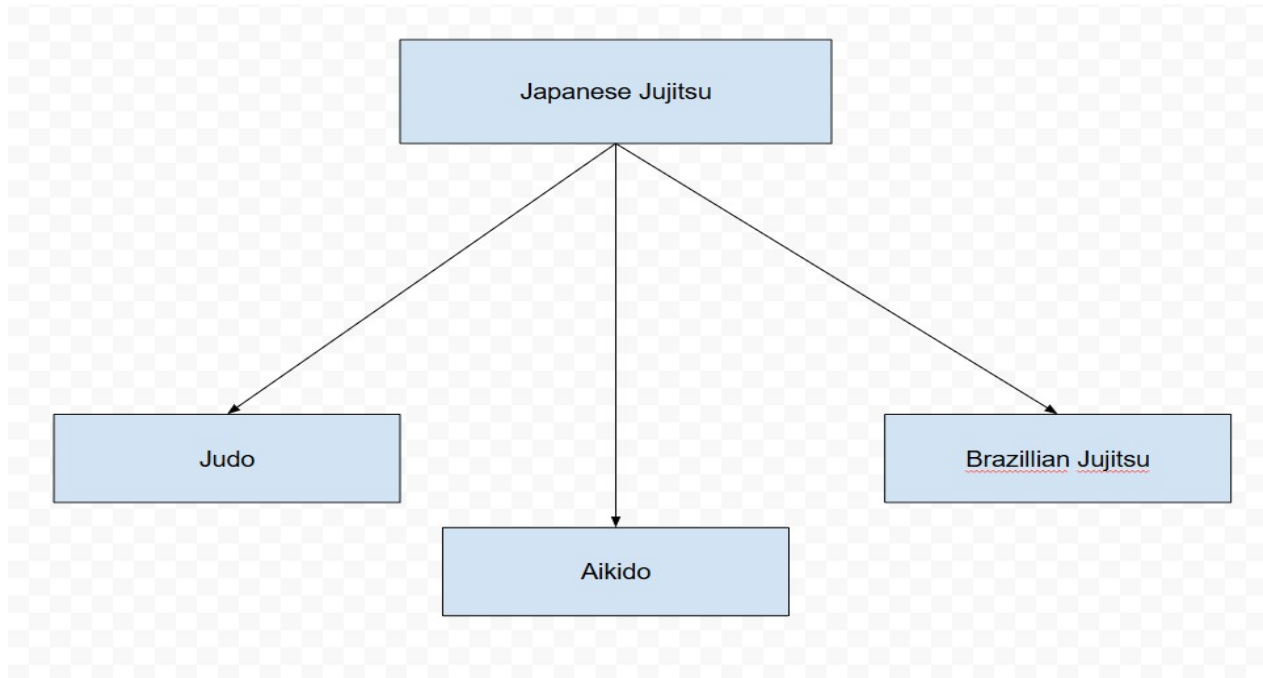
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Wrist And Arms History Lesson



Jujitsu

- People usually like to handwave the relationship between Japanese wrestling arts as something like this:



- If you're lucky they'll claim BJJ as an offshoot of Judo, which is *almost* right
- This is not how cultural diffusion works. At all.

Jujitsu

- “Jujitsu” was an umbrella term for thousands and thousands of schools (koryu) that were all completely different
- The “spinoffs” were actually syntheses of content from multiple schools, as well as some innovations
- In their turn, their innovations bled back into the practices of “traditional” styles

Dumb cultural diffusion shit

- Gis and dark/light belts (teacher/student) came from judo, everyone else copied it from them (they are quite recent) but karate schools in the US came up with coloured belts which were brought back
- Karate's high kicks came from savate (French kickboxing)
- The founder of aikido was a student of daito-ryu aikijujitsu, but it is not clear that the founder of *that* art ever actually studied unarmed fighting formally (only weapons). It seems those bits originated in him.
- The aikido founder was also basically a cult leader

Why does this matter?

- Because even if you study “traditional” Japanese jujitsu, they’ll probably use the aikido and judo terminology
- This is because it is better
- “Wristlock number 2” and “big inside sweep” follow simple rules and are much more digestible (if you know Japanese) than the traditional names
- Aikido and judo are now, ironically, the languages of jujitsu

Lewjitsu

Wrist And Arms

Quick Aside



Important

- What you are learning is violence.
- In a self defense situation, the correct way to use it is to snap the limb quickly
- If you aren't willing to break it, don't try to break it.
- Everyone uses and/or benefits from violence.
Most people just outsource it.
- It is unfortunately one of the structural foundations of society.

“Open war is upon you whether you would risk it or not.” - Aragorn

Important

- This is where the practical starts.
 - **Go slow.**
 - **Respect the tap.**
 - **Be careful.**
-
- Slow is smooth. Smooth is fast.

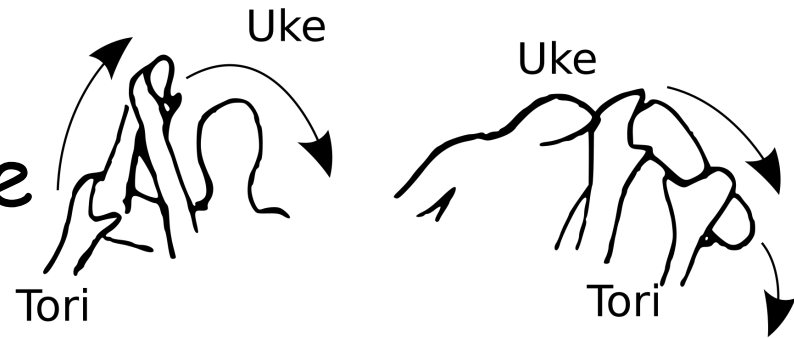
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Wrist And Arms Elbow Control



Ikkyo (Aikido Teaching #1)

- Most fundamental technique of aikido
- One of the few parts of it you'd actually use in self defense
- Puts pressure on the ulnar nerve (don't do to me)



Elbow Push

- Not a formal technique - the term doesn't exist - I just made it up
- But the gift wrap and arm drag are actually made of this

Gift Wrap

- NOT a choke/strangle/lock/etc - pure control
- Structurally an elbow push
- Usually associated with ground work but can be used standing up
- When standing we need to prevent them turning away from us



Arm Drag

- Bread and butter combatives - high value for self defense
- Structurally an elbow push from the front
- I am actually not good at this one



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Wrist And Arms

Wrist Terminology



Complexity

- The wrist is one of the most complex joints in the body (movement-wise)
- It can move around three axes (though one is actuated with the forearm)

Constraint

- The core thing I'm trying to teach you is literacy of the entire kinetic chain, not just the limits of each joint

Flex-Extend



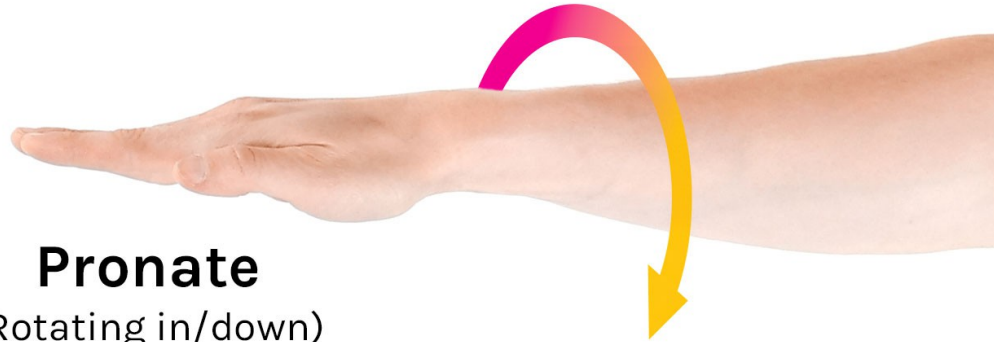
Wrist Flexion
(closing the joint anteriorly)



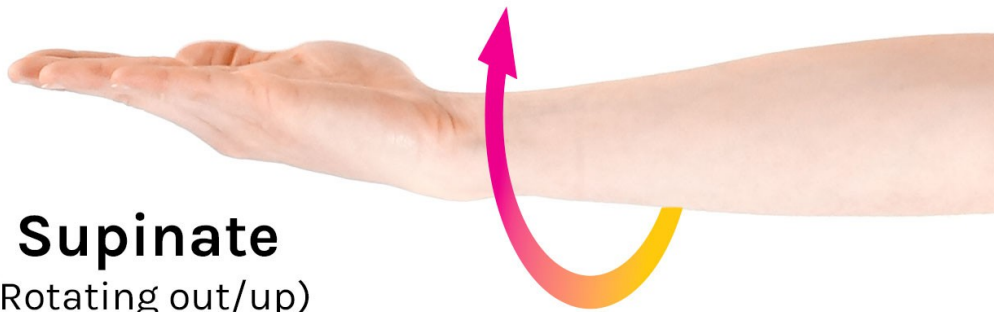
Wrist Extension
(opening the joint anteriorly)



Pronate-Supinate

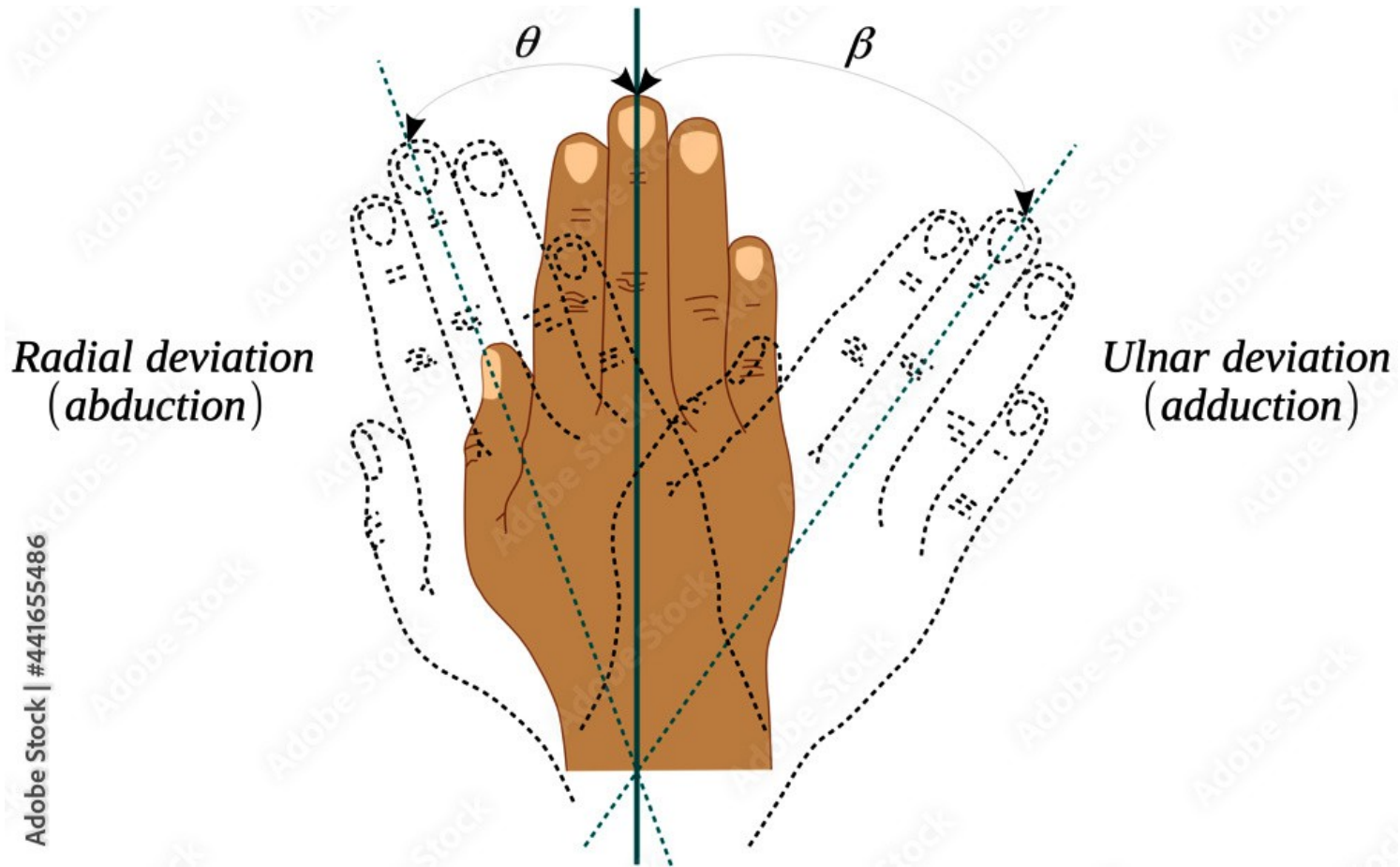


Pronate
(Rotating in/down)



Supinate
(Rotating out/up)

Adduct-Abduct



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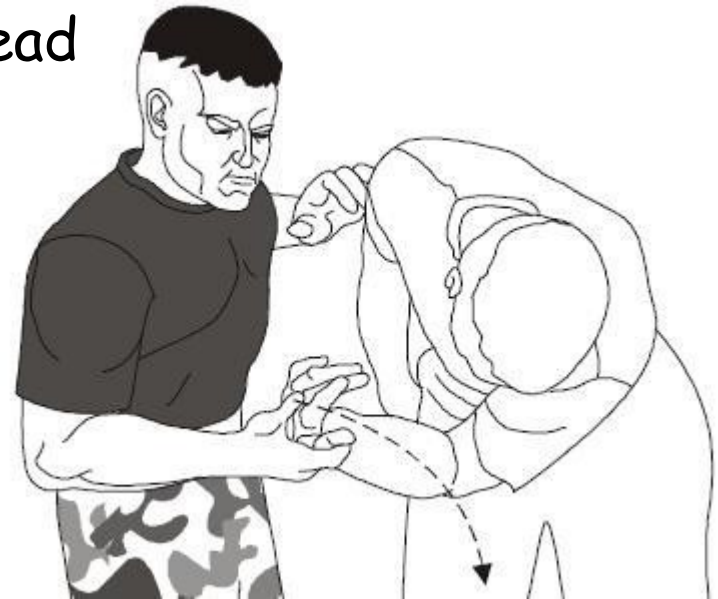
Wrist And Arms Wristlocks



Kote Gaeshi (Forearm Return)

- Supinating Flexing
- Whole body will move to protect the joint
- DO NOT PUSH WITH YOUR THUMBS - you will lose vs the hand extensor muscles - everyone does this!!!!
- Grip with your palms+fingers instead
- Keep grip close to body for power
- Grab pinkie and thumb for extra

Pushing with thumbs ->



Constrained Kote Gaeshi

- Supinating Flexing
- Great demonstration of kinetic linking
- Stand behind and to the side - pin the elbow to your chest
- *The body wants to move, but it can't*
- **Pinning the elbow wildly changes the risk profile**

Come-along

- Straight flexing
- Constrained - be careful!
- Lengthening tendons does *not* make this less painful



Nikkyo

- Pronating flexing (plus a bit of adducting)
- Very painful
- Bonus carpal flex
- Person will naturally drop down



Kote Kudaki (“Wrist Pulveriser”)

- Old school koryu technique
- Two-handed constrained version of Nikkyo
- Popularised by Renshi Scott Taylor
- Very small margin for error



Sankyo

- Pronating extending
- Very painful
- May cause scaphoid damage if overdone



Unconstrained hyperextending

- Supinating extending
- Not very painful
- Not very effective
- Good stretch! Used for carpal tunnel recovery

Constrained Hyperextending

- Straight extending
- Dangerous - risk of scaphoid fracture
- Most common wristlock in BJJ - works vs grips or floor

Critical reminder

- Standing wristlocks mostly only work as part of a chain.
- These are not fight enders
- **The entire kinetic chain matters:** it's not just about one joint

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Wrist And Arms

Elbow Locks (Hiji Waza)



No gods, no kings, no consistent naming system
Judo's nice names won't help you here

Unknown Yagyu Shingan-Ryu thing

- THIS IS WHY YOU DON'T SAY ALL JJJ IS JUST ONE THING
- Fascinating case study from a classical JJ school but works on a different principle from the usual
- Has caused trauma responses from overpowering large muscles - look out
- Predicament: tear bicep or break elbow joint
- There are stronger versions than in the pic - use your aligned bones to create a solid fulcrum and do a lat pulldown
- Overpower the bicep with your lats - beat the large muscles with much larger ones



Per Eriksson "playing with bones"

Rokkyo

- Entry same as Ikkyo
- Trickier than it looks
- Take out the slack and *CLAMP* - their elbow should be *RIGHT* in your armpit



Hiji Waza #1

- Is that the right name?
- Rev your outside hand like a motorbike
- Stand behind opponent to avoid being swept



Reverse Hiji Waza #1

- Reverse of previous
- Inside hand is on shoulder, outside hand snakes under elbow to connect with your own elbow
- I can't find a bloody pic of this

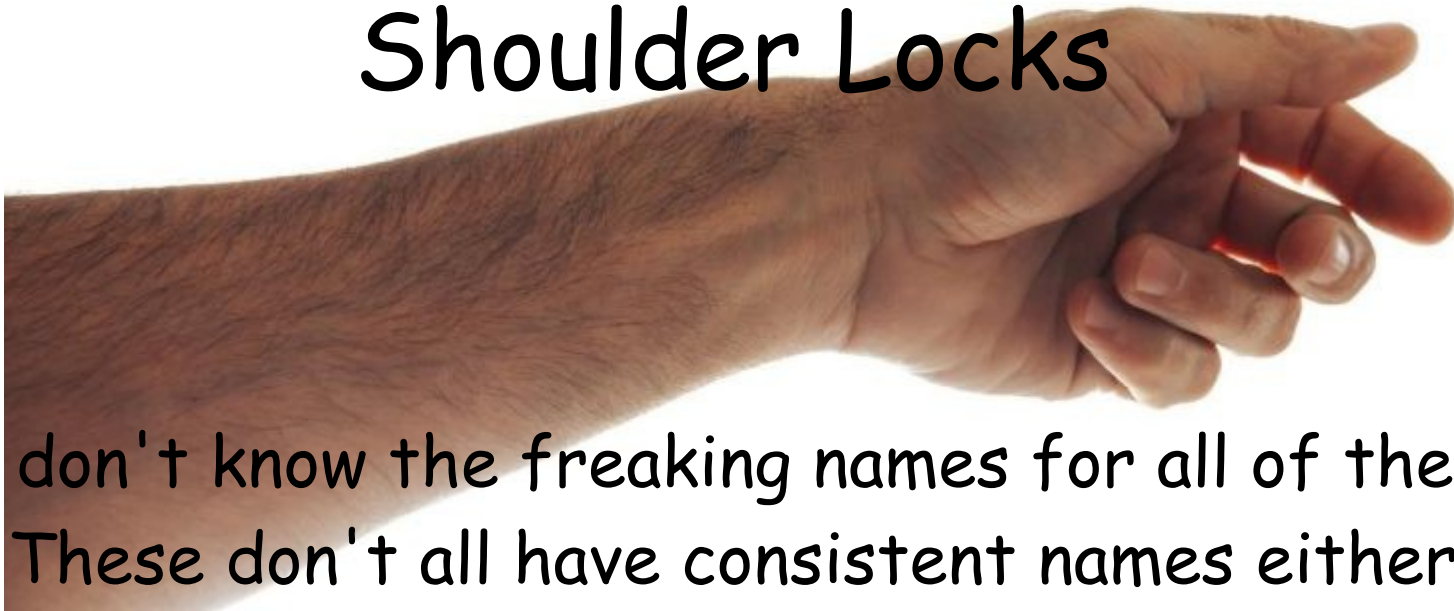
Quick aside

- It's uncommon in modern grappling, but there are a few attacks directly on the long bones
- Shinya Aoki was notorious for these
- There's a forearm break worth visiting

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Wrist And Arms

Shoulder Locks



I don't know the freaking names for all of them
These don't all have consistent names either

Standing Hammer

- High percentage, bread and butter self defence
- Can't find a potato
- Grab two-on-one, step inside their armpit, twist inside and pull until arm is behind their back
- There is a fancy version where you tie up their arm with your opposite arm - can use free arm to torque crossface

Ude garami / Double Wristlock (over)

- Standing Americana
- Done as a dynamic motion to create a projection
- Attacks rotator cuff



Reverse ude garami / double Wristlock (under)

- Standing Kimura - opposite of previous
- Attacks rotator cuff



Unknown Name 1

- Dislocate their shoulder by crouching under their armpit and standing up



Not quite the right technique but close

End practical

- *Go get some water.*
- *How does everyone feel?*

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Wrist And Arms
Atemi (Theory)



Introduction to Atemi

- Literally translated as "striking" ie punching/kicking etc
- Some arts take a broader definition: "taking the upper hand"
- I think of it as: create a moment of confusion - get them out of their default mode network and disrupt their plans
- This is not a striking workshop so a lot of this is out of scope

Importance of Atemi

- Literal translation is "striking" but it doesn't have to be
- Basically nothing I've just taught will work without it
- "Take the upper hand" - create a moment of confusion where their motor responses aren't coordinated
- "Atemi is 90% of aikido" ~ Ueshiba

Classical Atemi

- Poke them in the throat
- Kick them in the groin
- Poke them in the side
- Slap/elbow them in the face

Unconventional Atemi

- Throw your hat/bag at them
- Eyebrow flash to an imaginary friend standing behind them
- Yell at them **properly** (not stereotypical kiai) - paralysing
- Flashlight or personal alarm

Why not just learn striking then?

- Why not indeed?
- Becoming a proficient striker is a very good plan for being able to win fights with untrained people
- Consider:
 - Your objective may not be to win fights
 - You will suffer permanent brain damage in training
 - Punching people looks horrible on CCTV
 - Knockout = they may fall onto concrete and die
 - You should probably have a plan for what to do if they grab you
- My honest belief is that if you want to actually be able to defend yourself, you must be a competent striker

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Wrist And Arms Application



What do our police get taught?

- *Basic vital point striking*
- *Arm drags*
- *Some high percentage wristlocks*
- *Safety in numbers*
- Their full training regimen for **every aspect of the job** takes about two years
- A BJJ black belt averages **ten** years (5x/week) on grappling alone

A total of 8 units of competency comprising all units listed below:

POLGEN040	Demonstrate professional policing practice
POLGEN041	Operate safely within a policing environment
POLGEN042	Manage persons in care or custody
POLGEN043	Provide a policing response
POLGEN044	Conduct an initial investigation
POLGEN045	Apply legislation and judicial processes in policing
POLGEN046	Deliver policing services
POLGEN047	Deliver road policing services

Why don't we see this in MMA?

- **Because it doesn't work there.**

Why don't we see this in MMA?

- Social context – defined parameters of fight
- Focus
- *Atemi is not possible*
- Training, fitness and skill level
- Knowing your opponent's training
- Guarantee of no friends or weapons

Why don't we see this in CCTV?

These might look very nice when you're practising them against a compliant training partner who isn't fighting you tooth and nail.

But the trouble is, that in reality, this sort of armlock application is mostly fantasy.

Standing armlocks are not submission holds and are not restraints. Properly executed they are almost always actually joint breaks and are very difficult to incorporate into your sparring and to become proficient in without damaging your training partners.

~ Stephan Kesting

Why don't we see this in CCTV?

- People usually train these as a static, control, “do you give up yet?” type deal
- These types of attacks only work in the form of a rapid, violent movement that breaks the person's limb before they realise what's happening
- This is not so good for training/competition

For this to work, you'll need an advantage in at least one of:

- Strength
- Endurance
- Aggression
- Surprise
- **Skill** ← which will take a lot more than doing it once – knowing conceptually is not enough on its own

Why learn things that only work when you already have an advantage?

- Play to your strengths
- Magnify them
- Find a crack and pry it apart
- **Everything** in fighting requires strength: quadriplegics are poor fighters

Be careful.

- The average layperson who gets into a fight may not immediately realise that a joint is broken and keep trying to fight
- The average layperson who gets into a fight will have no comprehension of “hey dude, I could break your arm any time I want, but I'm choosing not to”
- A famous savateur (Gilles Le Duigou) won a tournament with both arms broken

“There are no rules in a street fight”

- Flat out wrong
- The default ruleset in these fights is **boxing**
- As soon as you step outside of that, the implicitly negotiated ruleset changes
- Crossing that Rubicon should be done all at once and with overwhelming force

Am I more likely to win a fight now
that I have this knowledge?

- **No.**

- *Probably **less**, if you try to use it now.*
- But you started learning a type of self-improvement which could ultimately end up there
- Keep learning.

Reminder

There are no
"street fighters".
Only criminals.