

BEHIND THE SCENES AT THE ARNOLD MARTIAL ARTS FESTIVAL
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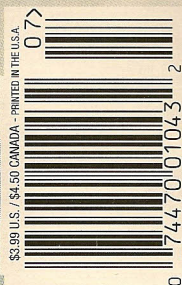
HOW TO
CHOOSE
THE ART
THAT'S
RIGHT
FOR
YOU

WHY
SOME
JUJUTSU
CONTROL
TECHNIQUES
FAIL

Q&A
WITH
STEVE
DEMASCO,
SHAOLIN
TEMPLE'S
U.S. REP.

GOJU-RYU
KARATE'S
ROLLING
BACKFIST

ZEN
& THE
SAMURAI
WARRIORS



What do you do when a jujutsu control technique doesn't work? If you have a backup plan—which author George Kirby (right) says you should always have—you simply transition into a different lock.



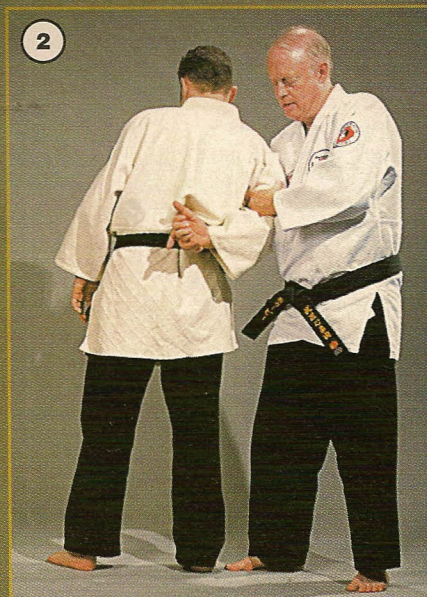
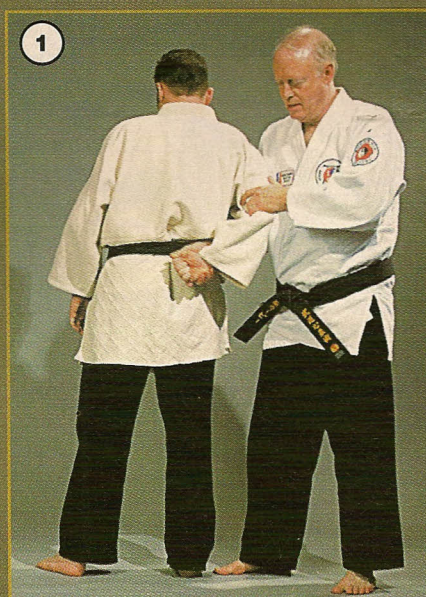
Tail-Safe?

Why Some Jujutsu Control Techniques Don't Always Work

by George Kirby

Scenario No. 1: An assailant grabs your lapel, and you work halfway through a wrist-lock takedown you learned years ago. Then you discover that you cannot finish the technique because the assailant is resisting.

The wrist-press arm lock allows a martial artist to easily control an assailant most of the time. To illustrate, George Kirby (right) controls the assailant's upper arm and bends the lower portion of it behind his back (1). Then he locks the wrist to apply the pain (2).



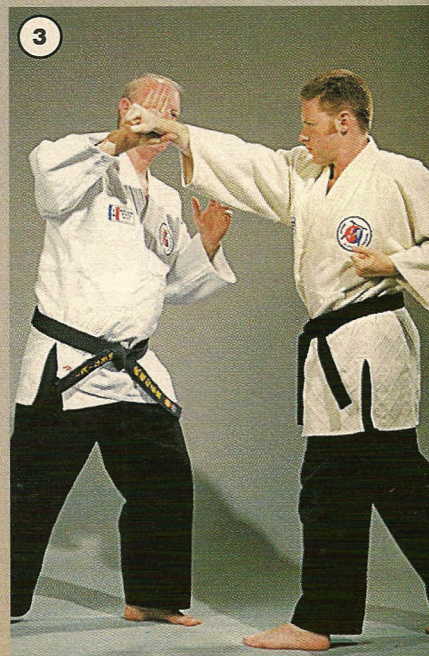
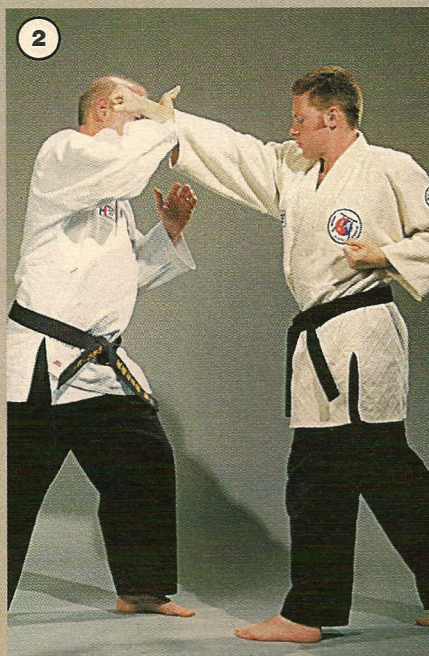
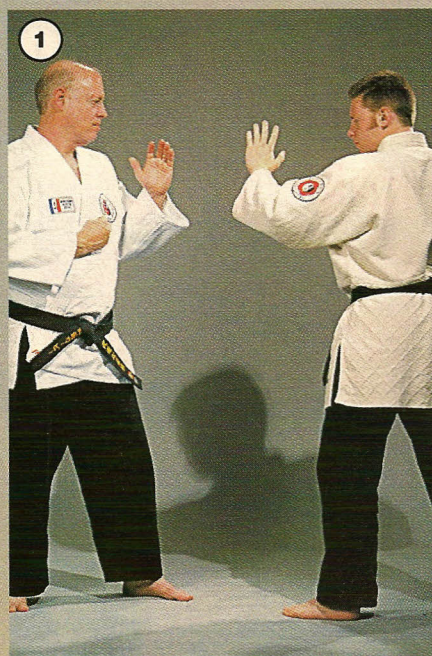
Scenario No. 2: You're a police officer attempting to apply a *koga* come-along technique on a suspect. You've got it set just the way you were taught, but when you try to make him step backward you lose control.

Scenario No. 3: An assailant lashes out at you, and you manage to avoid his blows and partially restrain him with a wrist-press arm lock. A few seconds later, you can no longer control him because he's fighting back.

The control techniques described in these scenarios are designed to force an assailant to cooperate to avoid additional pain. All are legitimate moves that

When more security is needed to restrain a stronger assailant, the finger-brace arm lock can be used. Once George Kirby has secured the arm, he grasps the assailant's fingers and digs into a nerve that passes through the shoulder area (1). Then he bends the fingers until the assailant complies (2).





The koga come-along is a popular technique that works best when both hands can be used to control the assailant and move him forward or to his left. To illustrate, George Kirby (left) blocks a punch (1-2) and traps the assailant's arm (3). He then controls the hand (4) and completes the lock (5). However, if Kirby moves the wrong way or lets go with one hand, the assailant may be able to escape from the hold (6). The finger-brace wrist lock is a great backup for the koga come-along. After he blocks the punch and traps the arm, George Kirby (left) grasps the assailant's little finger (4a). Once he bends the appendage while locking the wrist (5a), he can lead the other man in any direction he wants (6a). Close-up of the finger lock (7a).

hold. Second, it works best when you are moving the assailant forward or to his left; but if you want him to move backward or to his right, the hold may become compromised.

To remedy this, slide your left hand down over the back of your assailant's trapped hand, grab his little finger with your two smallest fingers, and brace your thumb against the back of his thumb at the second knuckle. You can control him by simply clenching your fist as if you were using a hand-strengtheners to build grip strength. When you move his little finger across the back of his hand—not away from it—you create an increasing amount of pain. You can easily establish the control you need to secure his cooperation or to transition into another technique.

This alternative, which is called the finger-brace wrist lock, has several advantages over the original koga come-along technique: First, you can move

your assailant in any direction you want, including up or down. Second, it is a "low-visibility" technique, which means it's almost impossible for a bystander to see what you're doing. (You can even maintain the hold while your hand and the assailant's hand are down by your side—which is great for extracting him from a crowd without attracting attention.) Third, and perhaps most important, the modified version requires only one hand to execute. In fact, once you know it well, you can actually initiate the technique using only one hand. That leaves your other hand free for other purposes—such as applying the hold on a second person if necessary.

Wrist-Press Arm Lock

As a come-along technique, the wrist-press arm lock is extremely effective and hard to counter. When it is set correctly, strong resistance from the assailant can cause him to break his own wrist

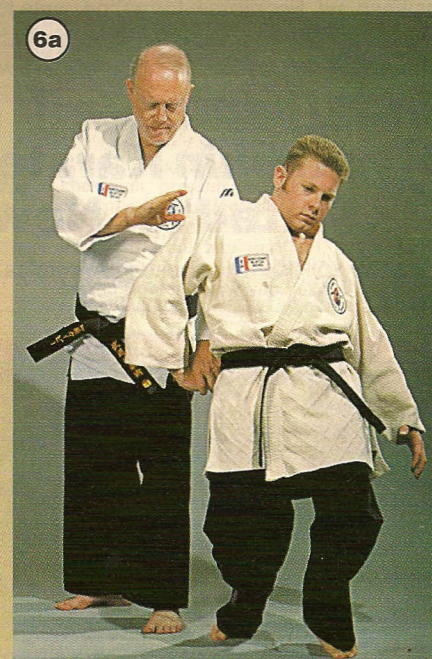
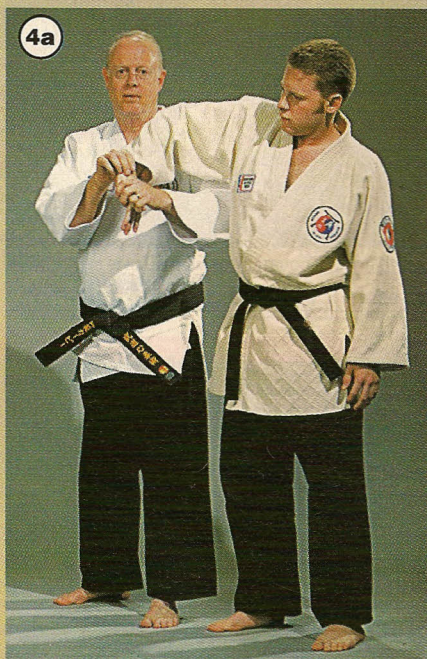
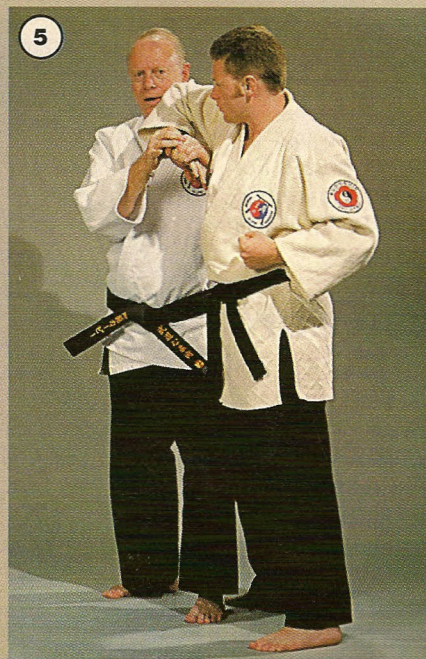
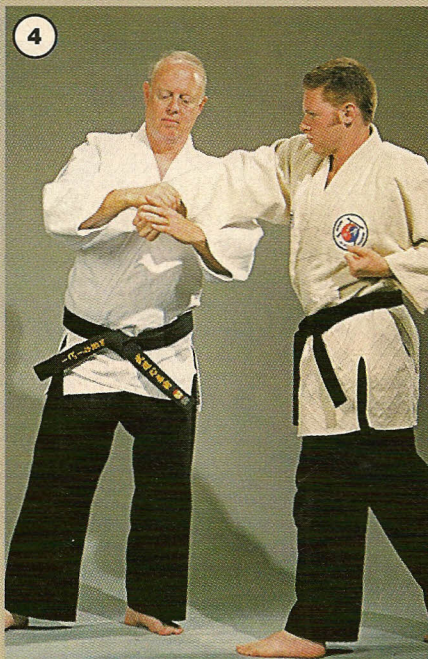
with no additional effort on your part. However, sometimes you need a little extra "security," especially if you want to move an attacker or use him as a shield against any cohorts who are still bent on getting a piece of you. You can get that security with the finger-brace arm lock.

If you set the arm lock with your right hand, your left hand will be free to provide that extra security. All you have to do is rest it on the assailant's shoulder area with your middle finger at the 9-o'clock position. If you dig into the shoulder, you'll hit one of several nerves that pass through the area. The pain will cause him to move his left side toward you with his shoulders thrust back to reduce the pain. That makes it easier to apply the modified lock, which involves grabbing his fingers and bending them backward. He is now off-balance, and his body can be pointed in any direction by simply varying the amount of pressure on the trapped arm and the nerve. If you opt to use him as a shield, you can let go with your left hand and he will still experience enough pain to possibly cause his comrades to back off.

Final Thoughts

Controlling an assailant differs from simply throwing a kick or punch to remove yourself from a dangerous situation. You may have to restrain him to *protect yourself or your loved ones—or*

"One of the basic rules of jujutsu, one that my instructor always stressed, is to never assume anything will work."



to keep him from injuring himself while you secure the environment or find a safe place to wait for help. Consequently, whenever you use a control technique, it is essential to give clear, loud, simple verbal commands to the person so he knows what you want him to do. Pain transforms most people into fast learners because when they comply, the control hold becomes significantly less painful. That is the reward for cooperation.

Society and the law view controlling an assailant more favorably than they view beating him up or severely injuring him—neither of which may be legally justifiable. And if you're in law enforcement, it is absolutely essential that you know how to control a suspect during the arrest procedure.

A final thought: One of the basic rules of jujutsu, one that my instructor always stressed, is to never assume anything will work. You must *always* have something to back up what you're doing, and something to back up that. A sound jujutsu program will teach you additional ways to use nerves and pressure points to augment the control techniques described above, as well as those you learn in the future. ✂

About the author: George Kirby has trained in budoshin jujutsu for more than 32 years. The Santa Clarita, California-based instructor, who is a defensive-tactics consultant for the Los Angeles Police Department, has written five books and produced eight videos about the art.

