



Basic Concepts of Joint Locking

More often than not as police officers, we will have to lock someone after they're grounded to cuff them. In most of our programs we're taught "techniques" instead of concepts. In PPCT we teach the "Transport" wrist lock and the straight arm bar take down. Anything other than these two methods, or any variation of these techniques is considered a no-no. I think this is the wrong approach.



What is a "joint lock"? It's really nothing more than the hyper extension of a joint beyond it's normal range of motion. That's it, nothing more. So if we take the wrist for example, there are four normal ranges of motion. They would be:

The wrist bending down.



The wrist bending up.

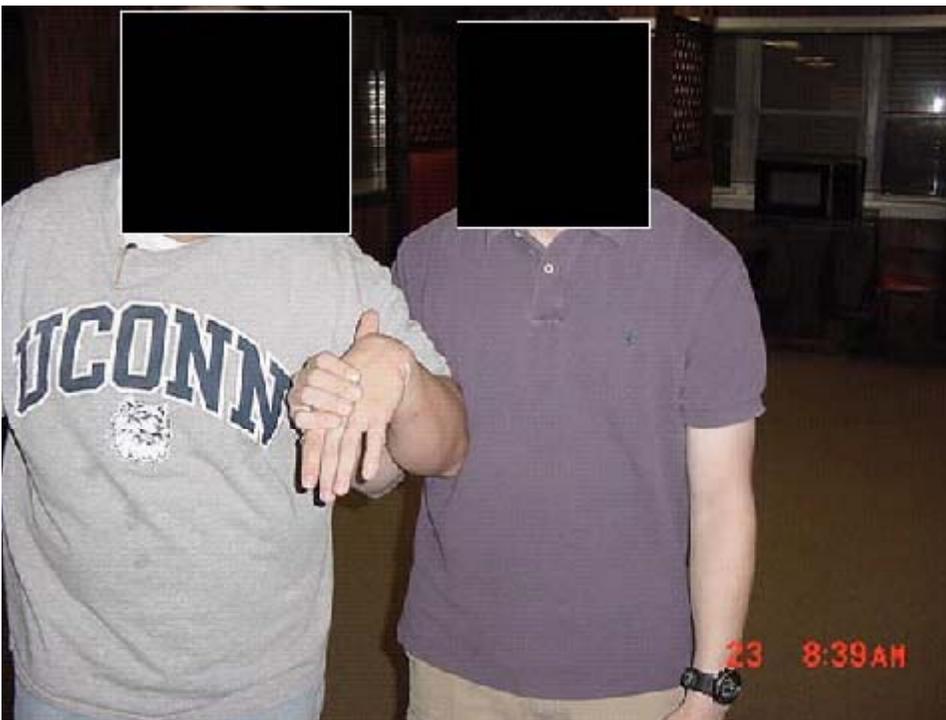


The wrist rotating to the outside of the body.

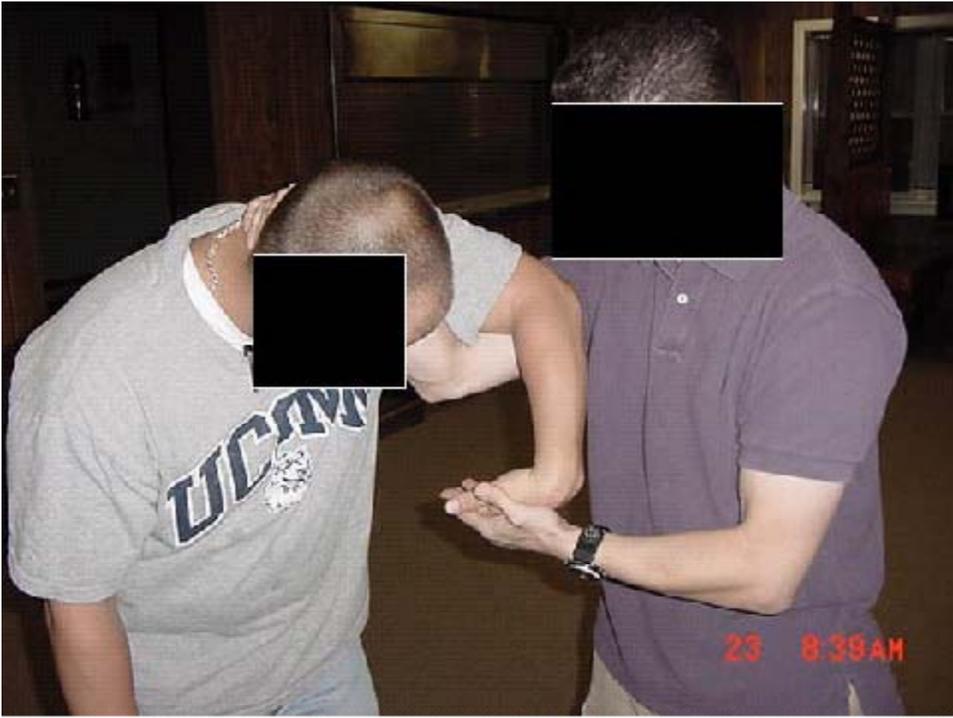


And finally, the wrist rotating to the inside of the body.

Now, other than those four directions **that's it**. There is nothing else. There are four ways to lock the wrist. Everything else is where you are at in the moment. To illustrate this, what follows are variations of the transport wrist lock. The wrist is still being hyper extended in the same way as the text book PPCT technique. The only difference is everything else. I feel that it's important for officers to be able to pick up a lock wherever it presents itself versus looking for the perfect "escort" position. So here goes. Remember that essentially they're all the same.



Standing bent wrist lock.



Standing bent wrist lock with neck and head control.



Standing bent wrist lock, arms intertwined.



Standing bent wrist lock, arms not entwined with elbow control.



Bent wrist lock with elbow control, opponent's arm high.



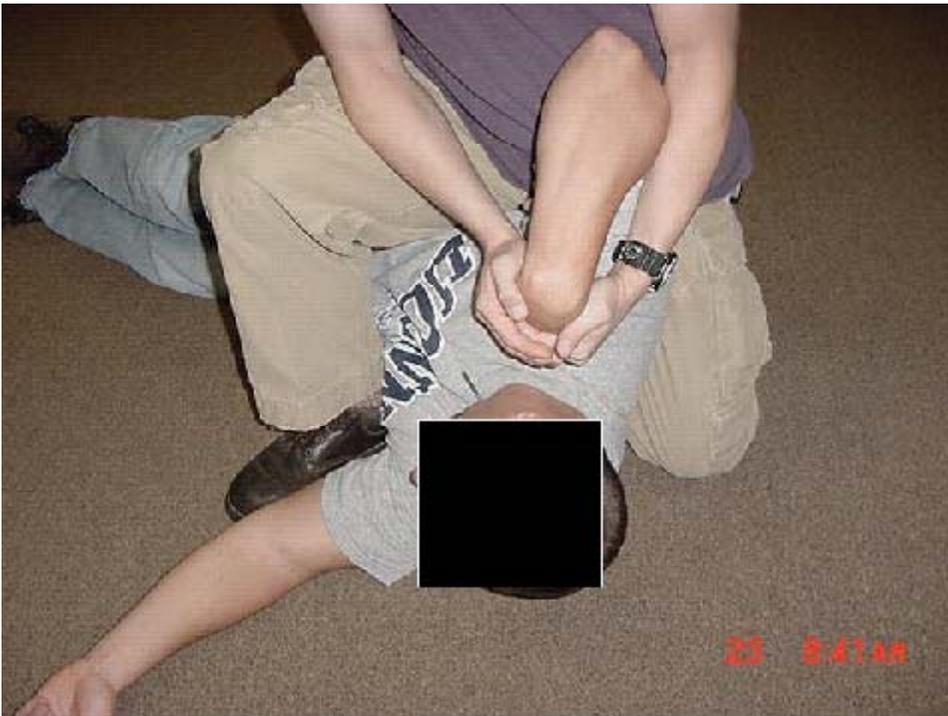
Bent wrist lock with face control, opponent's arm high.



Bent wrist lock, grounded in side mount.



Bent wrist lock, grounded in side mount with elbow in the point of the neck.



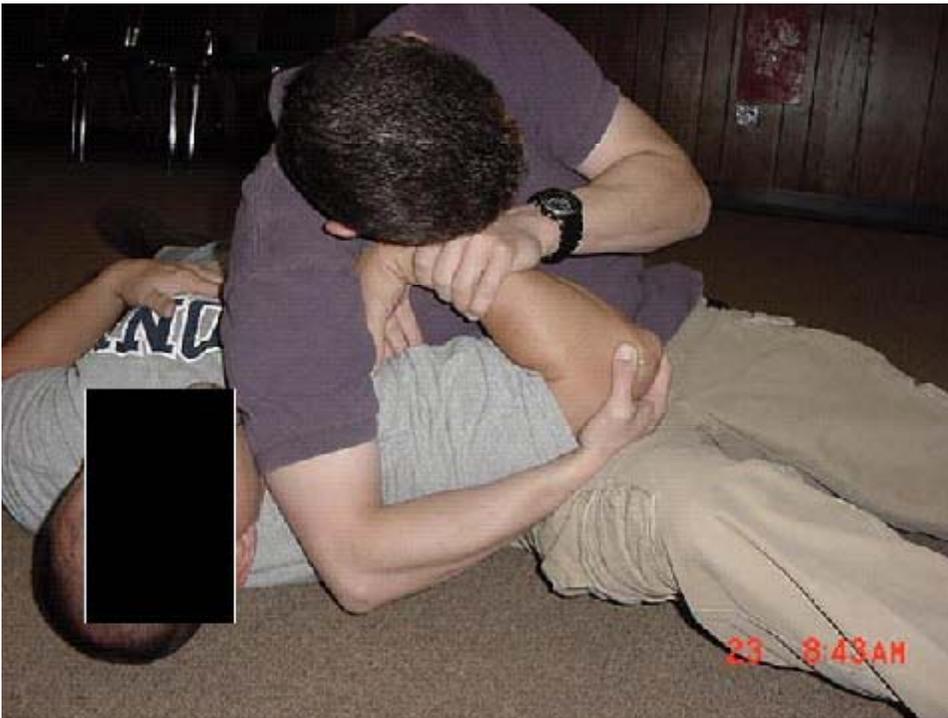
Bent wrist lock opponent straddled in a semi-mount.



Bent wrist lock, opponent mounted, with arm bar and half choke. Fancy, and you'd probably never get here, but just for the sake of concept it's included.



Bent wrist lock, opponent grounded, reverse cross mount.



Bent wrist lock, opponent grounded in side mount. In this one I'm not pushing the hand down but pulling the elbow, after I've posted the top of his hand in my deltoid area.



Standing bent wrist lock, opponent's hand posted flat on my center, pulling on his elbow.



Standing bent wrist lock, hand captured in my armpit, pulling the elbow into my body, which locks the wrist. Shoulder is controlled also.

So in essence, in all of these pictures, I'm using the exact same lock, which we understand is the bent wrist, and is nothing more than pushing it in a normal direction, beyond innate flexibility. The only thing that's different is my positioning and plane.

Master the *concept* and you can pick it up anywhere in the fight. Techniques are just moments in time, and will probably never repeat themselves.