

Basic Structure of Shorinji Kempo Wrist Escapes

【Basic assumptions for one-hand escape: pull, push, obstruct】

‘Cross’ type hold = arms cross as in Kote nuki; ‘Straight’ type hold = Arms are straight as in Yori nuki
‘Junte’ hold = the little finger side is closest to the defender’s hand (force is applied typically by the thumb side); ‘Sakate’ hold = the thumb side is closest to the defender’s hand (force is applied typically by the little finger side)
Wrist pronation (naisen) = defender’s palm turns away from his/her face; Wrist supination (gaisen) = defender’s palm turns toward his/her face.

