Wrist To Hammer Lock Series

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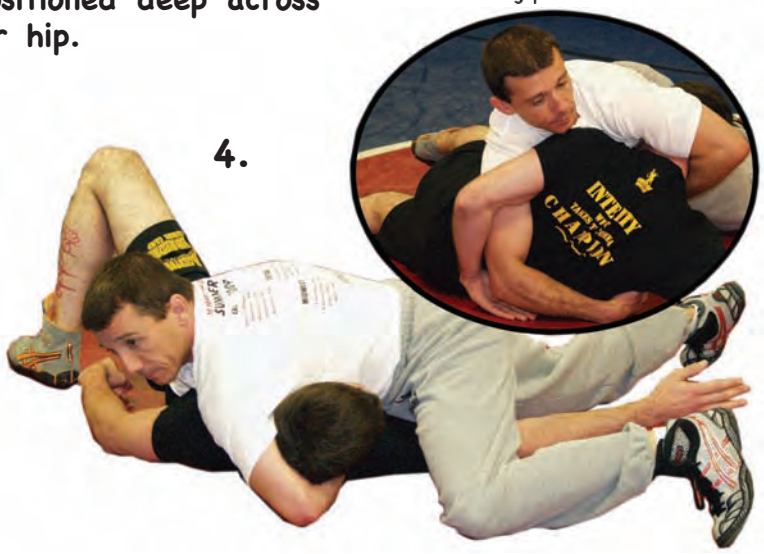
The near wrist/hammer lock position is one of the most effective positions/series to turn and pin your opponent with. Two options are covered in the sequence below; one to pin and one to tilt. It is important that your opponent's arm is positioned deep across his back with constant pressure toward his far hip.

3.

3. With his head off the mat and by your hip, switch your grip to tightly encircle his neck going elbow deep as you would with a half nelson. The arm that was controlling the hammer lock punches across his back, and it is critical in this position that you are shoulder to shoulder and not elbow to elbow.

4.



4. Lift his head toward your ribs then slowly lower him down to the mat for the pin.

7.

7. While keeping a secure hold on the shoulder and the hammer lock arm, use your right leg to go across your opponent's torso to control him. Another option is to put the leg in instead of going across the body.

8.

8. After you maintain control for 5 seconds and earn 3 near fall points you can convert the arm on the shoulder to a half nelson and jump over your opponent's body as you work for the fall.