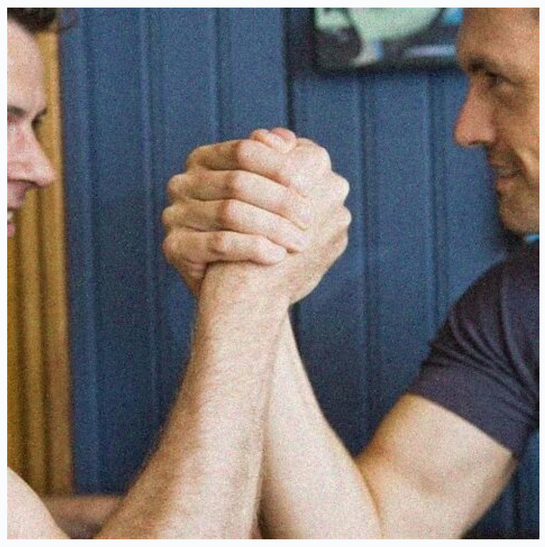


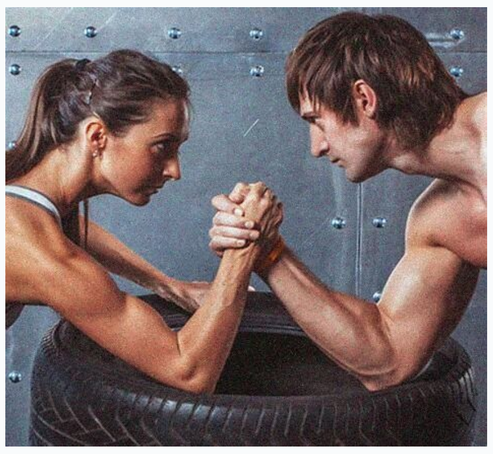
I am not robot!

Arm wrestling is all technique

In the sport of armwrestling, there’s a hundreds different ways you can skin a cat, but we can simplify the various techniques into 2 categories: inside and outside armwrestling. Each technique is very different yet all of them can be effective ways to win an armwrestling match.



Hook The hook is an inside technique that involves cupping your opponent in towards you and getting behind your shoulder to use your frame and/or bicep to overpower your opponent. It’s called the hook because you’re essentially creating a hook with your arm. Your browser does not support the video tag. As with anything in armwrestling, there’s plenty of different ways you can execute the hook: there’s offensive and defensive hooks, the high hook, and within each of those there’s more than 1 way to go about pulling it off.



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Think of these as the 2 major categories that contain each of the individual techniques we’re about to unpack. Let’s first start with inside armwrestling. Inside armwrestling is all about coming forward and getting behind your shoulder. The inside school of armwrestling generally requires more absolute strength and also utilizes more of your frame, bone structure, and connective tissue to get the job done. Let’s take a look at the two major inside techniques. Hook The hook is an inside technique that involves cupping your opponent in towards you and getting behind your shoulder to use your frame and/or bicep to overpower your opponent. It’s called the hook because you’re essentially creating a hook with your arm. Your browser does not support the video tag. gekulosemipute As with anything in armwrestling, there’s plenty of different ways you can execute the hook: there’s offensive and defensive hooks, the high hook, and within each of those there’s more than 1 way to go about pulling it off. Some hookers pull using a ton of muscular (bicep) strength whereas others position themselves to use more of their frame and bone structure. yosagififimi Your browser does not support the video tag. The hook really lends itself to athletes who have a ton of overall upper body strength, and we tend to see pullers with slightly shorter forearms gravitating towards this technique. gajivacu Shorter forearms generally allow you to produce more force which, when you’re already really strong, can often be enough to completely overpower your opponent. Press The press is another inside armwrestling technique which requires much more shoulder commitment, tricep/chest strength, and chopping strength (down pressure). Your browser does not support the video tag. The idea of this move is to get your body behind your arm and essentially shoulder press your opponent to the pad. The flop wrist press (sometimes called the dead wrist press) is a particular type of press which requires sacrificing your wrist in order to fully commit yourself to the press. The press is a fantastic move for anyone who is stronger in pushing movements (i.e. bench press) as opposed to pulling (chin ups) This is why we’ll often see powerlifters who enter the sport of armwrestling gravitating towards the inside style with a focus on the press. Although the press can be an entire strategy from the word go, it can also be used as a finishing move you can transition to from the top roll or hook. Your browser does not support the video tag. The press can put a bunch of stress on your elbow tendons and can cause injury if you aren’t able to pull it off, so be extremely cautious doing this as a beginner! Moving over now to the outside school of armwrestling we have the top roll and its many variations. And yes, outside armwrestling can indeed be done indoors! Outside armwrestling is all about attacking your opponent’s hand and fingers and establishing height. In armwrestling, height = leverage. The top roll is also all about pulling your opponent towards you and less about driving sideways towards the pad.



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If you’d like to learn more about the intricacies of each of the various techniques, I highly recommend joining our email newsletter where we go into much more depth on all of this stuff. We’ll also help you figure out the optimal way to train based on your chosen technique. The arm wrestling match. It’s one of the manly feats of strength that every man will face at least once in his life. You never know when you’ll be challenged to display your manly strength, so you need to be ready to place your elbow on the table at any time. Contrary to popular belief, you don’t have to have cannon balls for biceps or forearms like Popeye to win at arm wrestling, though they do help immensely. But with a bit of technique, a dash of speed, and little strategery, you can beat an opponent at arm wrestling who’s stronger than you are. In this article, we’re going to show you techniques and training tips passed down by arm wrestling champs of yore, so the next time some dude challenges you to a match, you can smash his hand to the table.Arm Wrestling TechniquesThere are two techniques that when coupled with a strong finish will make you virtually unstoppable in the arm wrestling ring: the top-roll and the hook. Now ideally, your implementation of these techniques should be fast and seamless, you know, like an arm wrestling ninja.The Top-rollThe top-roll is the most effective arm wrestling technique. Top-rolling turns arm wrestling from a showdown of bicep and forearm strength to a contest of hand, finger, and wrist prowess. The key to top-rolling is to work your hand up your opponent’s palm. Your goal is to have your hand wrapped around the top part of his hand with him holding the bottom part of yours. In order to get in this position, you need to start as soon as you hear the word go. Pull your hand towards you in order to force your opponent’s hand away from his body. This will mess up his leverage and increase yours. Hopefully, you’ll notice your opponent’s grip beginning to slip. As soon as you notice this, start moving your grip higher up on his hand. Keep doing this until you’re as high up on his hand as you can get. As soon as you reach this point, you’re ready for the finish.The HookThe hook is simple and can be used by itself or with the top-roll. The goal of the hook is to force your opponent’s hand back, thus increasing your power and leverage. As soon as you hear “Go!” force your opponent’s hand back, and expose his wrist by twisting your wrist towards you. When you get him into this position, you’re ready for the finish.In the future, wars will be determined by arm wrestling.Finish Him! Sometimes the hardest part of arm wrestling is finishing off your opponent. A man will try to ring every last bit of juice from his meathooks before letting you slam his hand to the table. Oftentimes, arm wrestling matches devolve into an interminable stalemate with one man’s hand hovering above the table while the other man is mustering all the forearm strength he can to finish the deal. Here’s how to avoid this situation-When you’re ready to finish your opponent, rotate your body so that your shoulder is in line with the direction you want your arm to go. This will allow you to call on your much stronger shoulder muscles and utilize some of your body weight. Unless your opponent has super human strength, he’s going to have a hard time staving off defeat.Again, I want to reiterate how important it is to do implement these techniques quickly and seamlessly. The less time your opponent has to respond, the better. This will take a lot of practice and perhaps a whole lot of losing. If your ego can’t take the beatings, arm wrestle your 11 year old nephew to get the technique down. Of course, we’ll make fun of you for having to arm wrestle a prepubescent boy with sticks for arms just because you’re not man enough to lose gracefully. Which brings us to….Losing With GraceYou get challenged, you accept the challenge, and you lose.

Don’t worry. It happens to the best of us. Realize that your arm wrestling prowess isn’t an indicator of your manliness. When your hand touches the table, give an “aw shucks,” shake your opponent’s steely hand, slap him on the back, and with a charming smile, tell him good job and that you’ll want a rematch after you’ve done the Charles Atlas program. Don’t be that guy who pins his entire masculinity on an arm wrestling match, and after losing seeks to redeem himself by demonstrating cartoonish masculinity. You know, swearing, guzzling beer, demanding rematches, name calling, etc. That guy is a real jagweed.Also, if you’re in a position where you’re about to lose, don’t be the guy who cocks his hand so it’s almost impossible for the other guy to end the match, leaving you both just sitting there for the next five minutes in that same position. The jig is up, and you’re just delaying the inevitable. If your goose is cooked, look at your opponent, give a nod, and give in gracefully to defeat.

You’ll get him next time.Strength Training for Arm WrestlingThe best way to train your muscles to kick ass at arm wrestling is to, well, do lots of arm wrestling. However, your friends will probably get tired of you asking them to arm wrestle all the time. Here are some novel ways to train your arm when you’re by your lonesome.Arm Wrestling Arcade Machines Remember these things? They had one at the Chuck E.

Cheese I went to as a kid. You’re basically arm wrestling a robot. Becuase these things have hydraulics on their side, you’ll get quite a workout trying to pin the robot arm to the table. I haven’t seen too many of these sorts of machines lately. It might be because a Japanese version of the machine broke the arms of three people. Ouch!The Neil Lewis Arm Wrestling Machine I found this nifty contraption on Old Time Strongman (a site everyone should definitely check out).

It’s a really simple apparatus. Just add weight to one end of the lever and start hammering out reps that mimic the arm wrestling motion. Pretty dang cool. It’s a shame they don’t make the Neil Lewis Arm Wrestling Machine anymore. Fortunately, there is a modern incaranton of this old strongman device, aptly named The Terminator.I found this video of an ingenuitive man who created his own Neil Lewis Arm Wrestling Machine at home. Looks easy to put together on your own.The Lincoln Hawk Big Rig Weight MachineIf you’re looking for some inspiration to get pumped up for your next arm wrestling match, look no further than the 1987 Sylvester Stallone classic Over the Top. Yeah, it’s an entire movie dedicated to arm wrestling. How cool is that? Stallone plays a struggling trucker named Lincoln Hawk who arm wrestles on the side to make extra money. After the death of his wife, he tries to make amends with his son who he left behind years earlier. Upon their first meeting, his son doesn’t think too highly of Hawk. But over the course of the film, he warms up to his dad, and they form a great father-son relationship. Arm wrestling and a touching father-son story. What more can you ask for in a movie?One of the coolest things I remember from this film is the weight lifting machine Hawk has set up in his big rig so he can train his arm wrestling arm while driving. That’s a man who is dedicated to his sport. If someone else has replicated this in real life, my kuddos to him. I’d love to see a pic.Exercises for Arm WrestlingIf you can’t get a hold of one of these cool contraptions, there are plenty of exercises you can do at home and in the gym to get stronger for arm wrestling. An arm wrestler needs to build strength in his forearms, biceps, and triceps. Hand grippers can help build strength in your fingers and hands. Wrist curls work your forearms. Dumbbell curls work your biceps. Tricep press downs will give you strength in your triceps.Some Arm Wrestling InspirationSo you’ve got the technique down, you know how to lose gracefully, and you’ve learned how to train for your next arm wrestling match. To pump you up for your next match, we’ll leave you with the final scene from the best and only film about arm wrestling, Over the Top. Notice how Hawk uses the top roll to finally defeat his opponent.

See, it works in the movie, so it will work for you.

Enjoy and get out there and show somebody’s foreman who’s boss.