

# Hand Wrapping

## Hand Wrapping

Hand wrapping for Muay Thai serves multiple functions.

**№1-** lends support to your wrist and hand bones (metatarsals) to prevent injury

**№2-** absorbs your sweat so that your equipment will last longer and not smell like old sweat socks

By wrapping your hands, you are trying to give support to your wrist and the back of your hand, especially by your ring and pinky fingers.

Most handwraps have a loop, and are labeled with a sign "This side down", and a velcro fastener on the other end.

Hook the loop over your thumb, and begin by wrapping around your wrist by going across the back of your hand.

Make sure the side of the wraps that say "this side down" is the side against your wrist. Try not to "twist the wraps".

As you begin to wrap, do not pull them too tight. They should be snug, but not tight. You want to make sure that your wrist, hand, and fingers get proper blood circulation.

After wrapping around your wrist a couple of times, bring the wrap up across the back of your hand. Make sure to cover the knuckles. Allow the wraps to extend about an inch down onto your fingers.

As you begin to wrap across the back of your hand, spread your fingers wide as though you are about to palm a basketball. This will make sure that you do not wrap too tightly and cut off your circulation.

Keep alternating between wrapping the back of your hand and your wrist. When you approach the end of your wrap, finish wrapping the excess around your wrist and fasten them there.

Many people will also include wrapping around the thumb knuckle when they handwrap, to support the thumb against potential breaks. This is a personal choice. I prefer not to wrap the thumb because it tends to make my thumb stick out more and is harder to tuck into my fist. I then end up catching my thumb on something while boxing and injuring it. You may choose to wrap it if it works ok for you.

Also, if you have the extra long wraps, such as the Mexican handwraps from Ringside, you may wrap the additional material by going in-between your fingers.

## Muay Thai Hand Wrapping



1. Place the end loop around the thumb with the wrap going across the wrist.



2. Starting 3 inches behind the hand, wrap 3 times around the wrist making smooth tapers towards the hand.



3. Now wrap 5 to 6 times around the knuckles with the fingers spread wide. Don't wrap too tight and making sure not to see the finger webbing when finished. The knuckles should be in the center of the wrap.



4. Now take the wrap behind the thumb and high on the wrist and bring up between the pinky and ring finger.



**5.** Bring wrap behind the thumb and across the top of the wrist and go underneath the hand.



**6.** Bring wrap from underneath hand and between the index and middle finger.



**7.** Again bring the wrap behind the thumb and across the top of the hand (staying high on the wrist) and underneath and back up between the middle and ring finger.



**8.** Coming again behind the thumb and high on the wrist...use the remaining wrap to cover over tightly the knuckle, wrist and thumb joint.



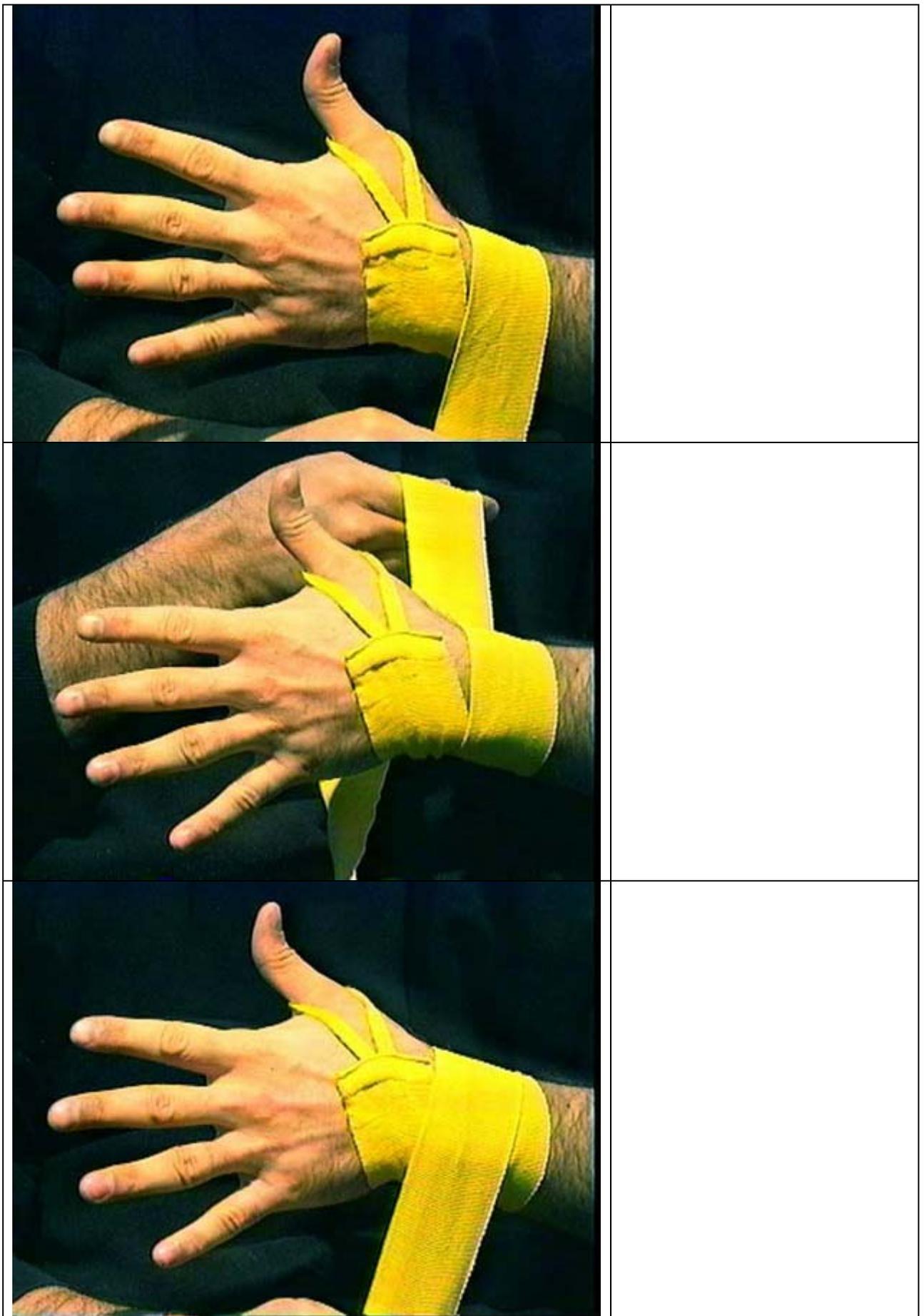
**9.** Finish around the wrist and secure tightly. It's just that easy.

After wrapping your hands, I personally like to use a little athletic tape across the back of the hand and around the wrist to keep the wraps secure. You will find that no matter how well you wrap them, they will begin to unravel during your workout, and a little athletic tape is a great way to prevent you from having to stall in practice to adjust your wraps.

If you prefer to include wrapping around the thumb knuckle, then use one of following methods. One of them is for fighting and other for heavy bag training but in general both are suitable for all purposes either training or fighting. Try them all and chose what suits you more.

## Pro-Boxing Hand Wrapping

	<p><b>Spread your fingers with palm facing down. Place thumb through the loop...</b></p>
	<p><b>Wrap around your wrist 2 or 3 times, depending on the size of your hand.</b></p>





**Bring the wrap over the top of the thumb.**





**Wrap back around the wrist.**



**Wrap around the thumb again. It is good to wrap the thumb 3 times.**



**Now you will wrap the knuckles.**



**Bring the wrap across the palm.**



**Wrap around the knuckles.**



**Wrap around the knuckles 2 or 3 times**



**Bring the wraps back around the wrist.**



**After coming around the wrist, bring over the top of the thumb.  
This will form a FIGURE 8 pattern.  
See it?**



**Wrap between the index and middle fingers.**



**Back around the top of the thumb.**

**Between the mid. and ring fingers. Bring the wrap back over the top of the thumb**



**Between the ring and pinky fingers.**



**Back over the top of the thumb.**



**Now wrap around the knuckles again.**



**Wrap the knuckles twice.**



**Your almost finished, so if you have extra material left, wrap the knuckles a third time.**



**Bringing the wraps up and around the wrist.**





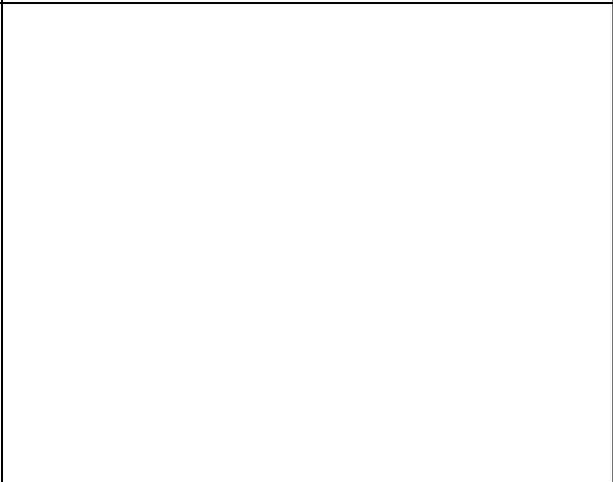
**Bringing around the wrist.**



**Now secure the Velcro and you are ready.**

## Hand Wrapping for Heavy Bag Training

	<p><b>Spread your fingers with palm facing down. Place thumb through the loop...</b></p>
	<p><b>Wrap around wrist 3 times.</b></p> <p><b>Proper tightness is important. Wraps should be tight enough to stay firmly in place, but if too tight, will cut off your circulation.</b></p>
	<p><b>Wrap the thumb.</b></p>



**After you wrap the thumb, come back around the wrist**



**Wrap the thumb again and back around the wrist. Repeat for a total of 3 times around the thumb.**



**Each time around the thumb, then around the wrist.**



**After the thumb is secure, you need to wrap the knuckles...**



**Wrap the knuckles...**



**Keep your fingers spread apart.**



**Wrap around the knuckles 3 times.**



**Bring back around the wrist**



**After looping around your wrist, you are now going to thread it between your fingers.**



**Loop the wrap between the middle and ring finger**



**Bring wrap back over the top**



**Now wrap the knuckles again**



**Wrap around the knuckles 2 or 3 times, using up any excess material.**

**Bring back around your wrist and secure Velcro attachment.**

**Ready for action!**