

HAND WRAPPING GUIDE

One of many options



1
Loop over thumb, behind palm, then over wrist.



2
Wrap twice around wrist.



3
Up behind back of palm.



4
Across front of palm, around knuckles twice.



5
Around knuckles twice.



6
Back down to wrist.



7
Loop under & around thumb.



8
In front of palm & thru pinky, back down wrist near thumb.



9
In front of palm, thru ring finger, back down to wrist near thumb.



10
Around thumb one last time.



11
In front of wrist & up thru pointer index.



12
Wrap over top and around wrist twice w/ long wraps, once w/ short.



13
Up around front of palm around knuckles.



14
Back down to wrist & FINISH!

