

A GUIDE TO STRAPPING HANDS



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Hand Wrap Sequence

STEP 1

- Hook wrap over thumb
- Wrap around wrist twice



STEP 2

- Keeping the fingers spread wrap around wrist
- Wrap around the outside of the hand just below the knuckle of the little finger



STEP 3

- Keeping the fingers spread wrap over the knuckles of hand



STEP 4

- Fold or double the wrap over the knuckles three to four times
- Ensure the fingers are kept spread and fold firmly and neatly over the knuckles to provide cushioning & protection



STEP 5

- Keeping the fingers spread, wrap around the whole hand and over the layers you have made by doubling the wrap over



STEP 6

- Wrap around the hand and the wrist to finish just below the join of the thumb



Hand Wrap Sequence Cont'd

STEP 7

- Keeping the fingers spread go through the space between the little finger and ring finger



STEP 8

- Keeping the fingers spread go through the space between index and middle finger



STEP 9

- Keeping fingers spread go through the space between middle and ring finger



STEP 10

- Wrap around the wrist covering the position just below the thumb joint
- Wrap over the knuckles



STEP 11

- Wrap around the thumb and wrist to finish



FINISHED PRODUCT!





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