

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



Hand Wrap Sequence

Step 4

- Fold or double the wrap over the knuckles three to four times
- Ensure the fingers are kept spread & 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



Hand Wrap Sequence

Step 6

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



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



Hand Wrap Sequence

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



Hand Wrap Sequence

