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9T@5Mac watchOS 26 added a new Apple Watch trick that I've been loving

Ryan Christoffel | Nov 20 2025 - 1:53 pm PT



watchOS 26 brought a variety of big and small updates to the Apple Watch, but one I've been increasingly loving is the [new wrist flick](#) gesture. Here's how it works and what I've been using it for.

Wrist flick joins double tap in enabling Apple Watch hands-free use



In recent years, watchOS has added two new gestures that are intended to make hands-free Apple Watch use more of a thing.

1. Double tap
2. Wrist flick

Double tap first debuted in 2023 with Apple Watch Series 9. But wrist flick is

[brand new this year.](#)

I've historically had some reliability struggles with double tap, though it's gotten better.

Wrist flick, however, has become one of my favorite additions in watchOS 26. The new gesture lets you quickly dismiss all kinds of content with a simple trick.

Flick your wrist back then forward again quickly, and you can dismiss:

- notifications
- apps
- phone calls
- timers
- alarms