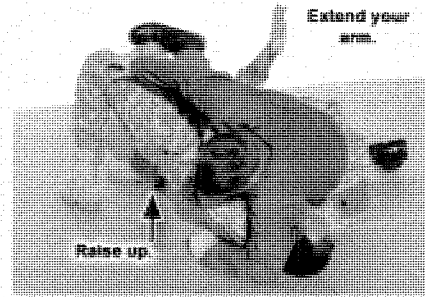
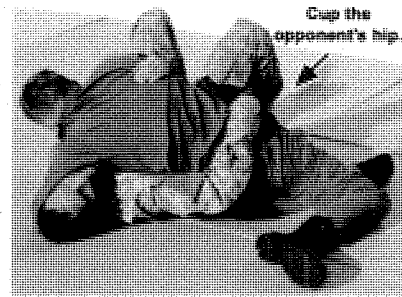


INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

DEFEND AGAINST ATTEMPT TO MOUNT ARCH

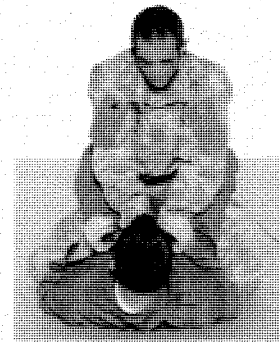
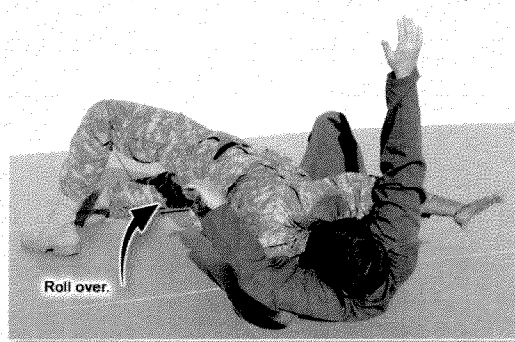
A fighter's opponent may try to achieve the mount from side control using the basic technique. If this happens, the fighter should perform defend against attempt to mount arch.



1) The opponent achieves side control.

2) The opponent posts his hand and switches his base by sitting his legs through. Reach around his back, and cup his hip to block.

3) As your opponent steps over, raise your hips, arch your back, extend your arm, and pull with the hand that is cupping his hip.



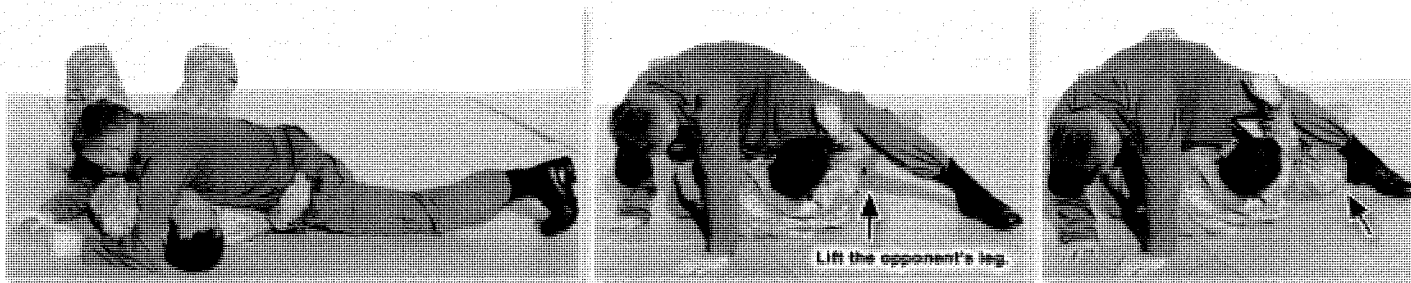
4) Roll your opponent over, while threading your leg under the posted leg.

5) Complete the roll. Achieve good posture in the guard.

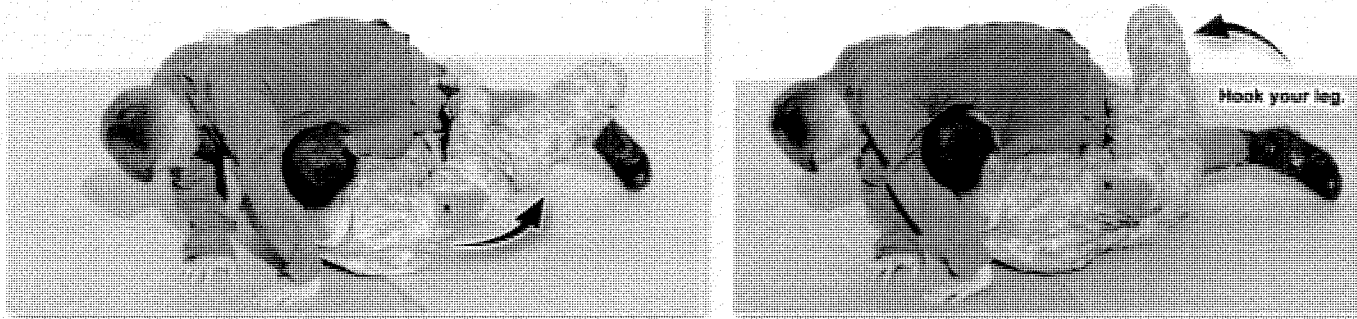
INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

DEFEND AGAINST ATTEMPT TO MOUNT BACKDOOR

A fighter's opponent may try to achieve the mount by driving his knee across the fighter's waist. This action creates an opening. If this happens, the fighter should perform defend against attempt to mount backdoor.



- 1) The opponent achieves side control.
- 2) As your opponent drives his knee across your waist, his weight shifts from his back leg. Lift this leg with your elbow or forearm.
- 3) Move your leg under your opponent's leg.



- 4) Using a shrimping motion, turn your hip to face your opponent.
- 5) Hook your leg on top of your opponent's to prevent him from stepping back over.

Note. At this point, your opponent may attempt to center himself. If he does, refer to the standard course of action. If he does not, refer to the alternate course of action (indicated by ALTERNATE).

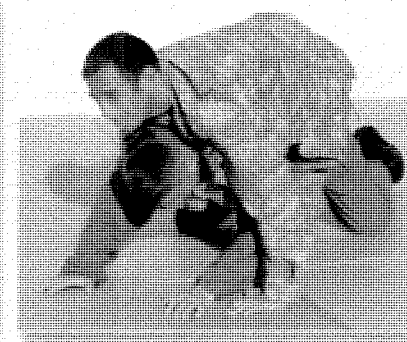
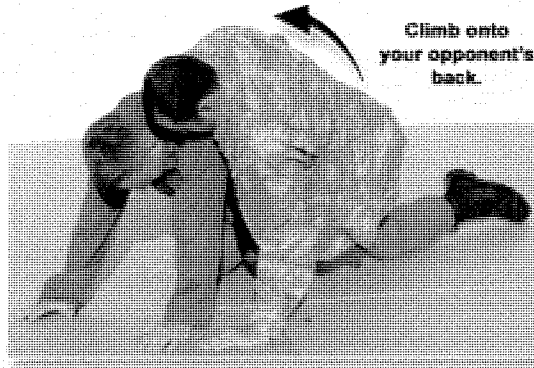
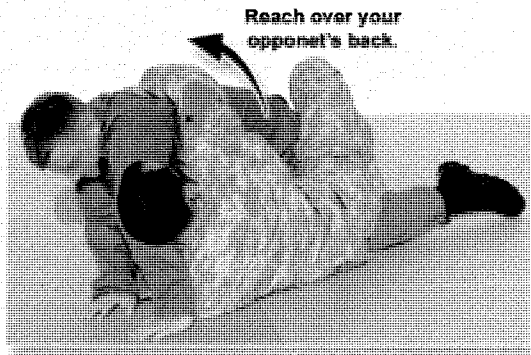
INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

DEFEND AGAINST ATTEMPT TO MOUNT BACKDOOR (continued)



6) Continue to shrimp your opposite leg out.

7) Recompose, and achieve good posture in the guard.



6) ALTERNATE. Reach over your opponent's back and grasp his armpit.

7) ALTERNATE. Post your other hand, and climb onto your opponent's back, putting both hooks in to prevent from being bucked off.

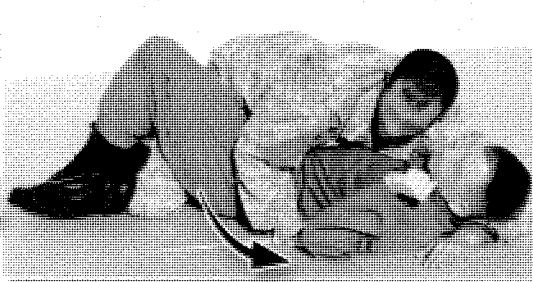
INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

ESCAPE THE HALF-GUARD

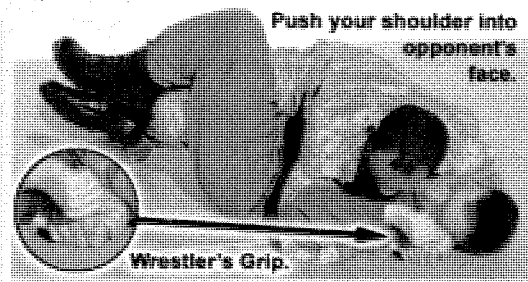
When fighting, an opponent will often capture one of a fighter's legs between his. This position is called the half-guard. If this happens, the fighter should perform escape the half-guard.



1) Reach the arm on the same side as your free leg around your opponent's head.



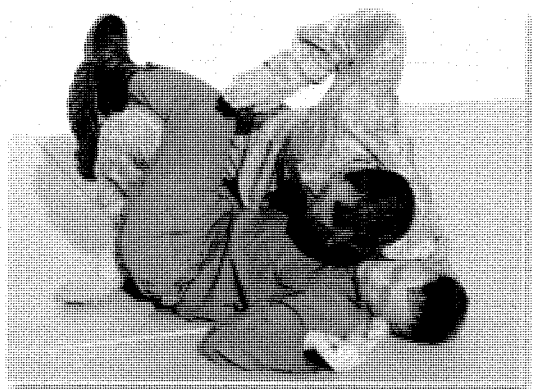
2) Move your other arm under your opponent's armpit, and grasp your hands together in a wrestler's grip.



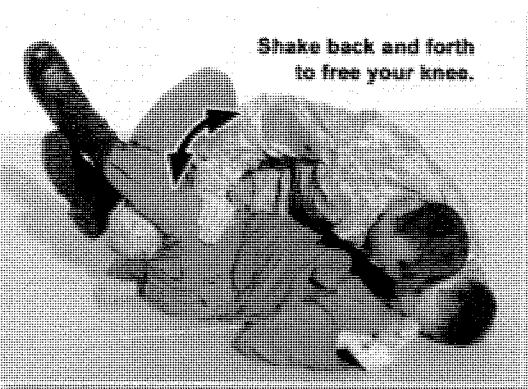
3) Push your shoulder into your opponent's face to turn him, pushing away from your body.



4) Using a heel-toe motion, walk your trapped foot toward your opponent's buttocks.



5) Move your hand to your opponent's knee.

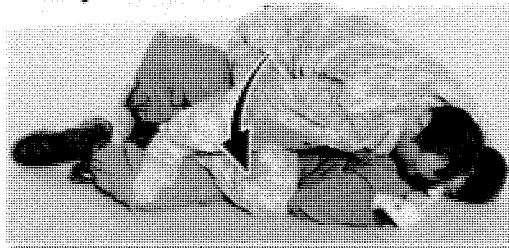


6) Shake back and forth, and push with your hand to remove your knee from between your opponent's legs.

INTERMEDIATE BODY POSITIONING MOVES—INTERMEDIATE MOUNT ESCAPES

ESCAPE THE HALF GUARD (continued)

Drive your knee down.



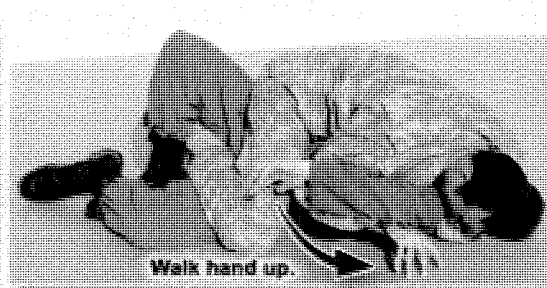
1) Drive your free knee to the ground.

Force your hand under opponent's armpit.



2) Your opponent may attempt to push your knee back through his legs. Reach under your opponent's armpit using your same-side arm.

Walk hand up.

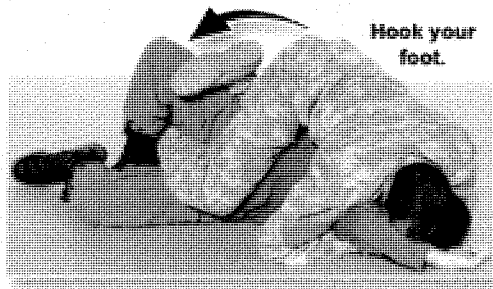


3) Walk your hand up, moving your opponent's hand from your knee and toward his head.



4) Keep your opponent flat on his back. Wrap both arms around his arm and head to control them.

Hook your foot.



5) Bring your backside foot up, and hook it on the top of your opponent's leg.

Pry your foot from between the opponent's legs.

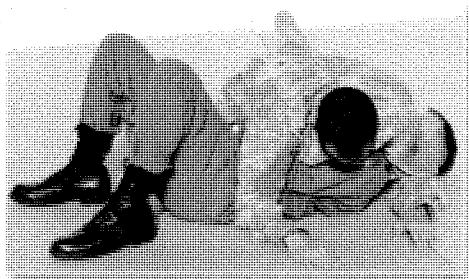


6) Pry your foot from between your opponent's legs. Achieve good posture in the mount.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM SIDE CONTROL

REVERSE BENT ARM BAR FROM SIDE CONTROL

When a fighter has his opponent in side control, the opponent may use a far-side underhook to create space and escape this position. The fighter may use the reverse bent arm bar from side control to stop his opponent from escaping while finishing the fight.



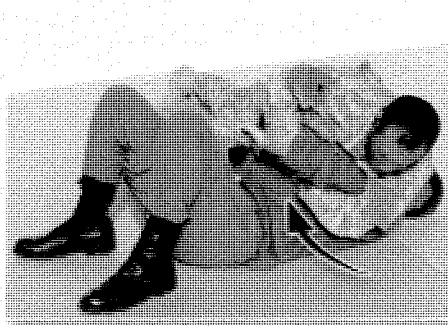
1) Assume side control.



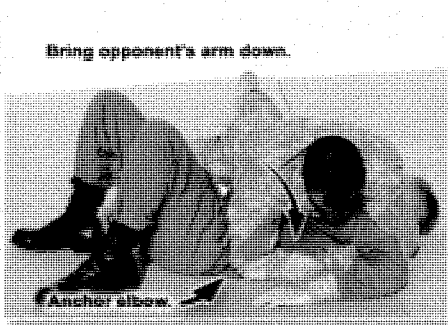
2) Sit through as though you are attempting to mount.



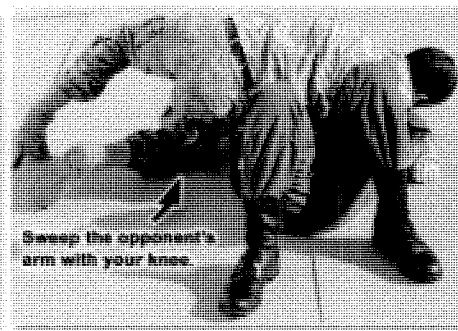
3) Secure your opponent's wrist using the thumb grip.



4) Move your other arm from the notch created by your opponent's neck and shoulder (elbow notch), and reach under your opponent's arm to secure a figure four above his elbow.



5) Sit through, using the torque of your body to bring the opponent's arm down and anchor your elbow to his hip.



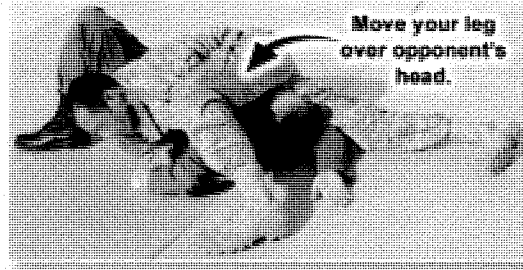
6) Bring your leg next to your opponent's head by putting your knee on his hip and sliding it along his body to capture his arm.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM SIDE CONTROL

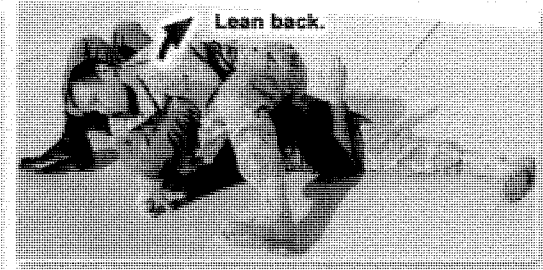
REVERSE BENT ARM BAR FROM SIDE CONTROL (continued)



1) Sit through.



2) Move your back leg over your opponent's head, and place your foot on the ground.



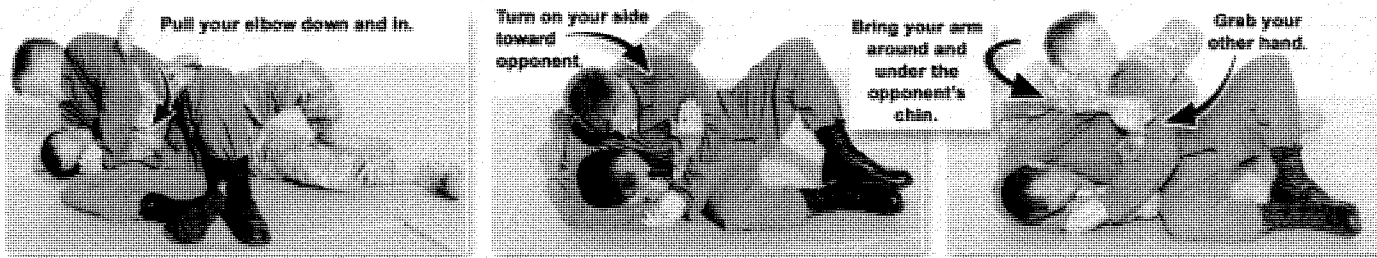
3) Lean back, and twist your opponent's arm to torque his shoulder.

Note. As with any submission technique, apply the reverse bent arm bar using slow, steady pressure, and release as soon as your training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE HEADLOCKS FROM THE BOTTOM, FORM THE FRAME

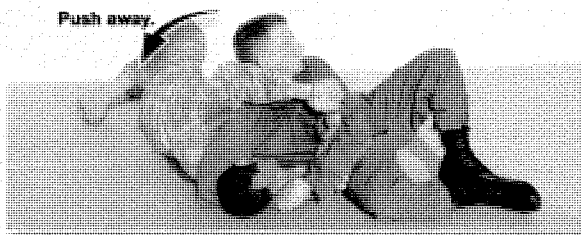
When the opponent has the fighter in a headlock, the opponent may raise his head. When this is the case, the fighter may use this technique to escape and finish the fight.



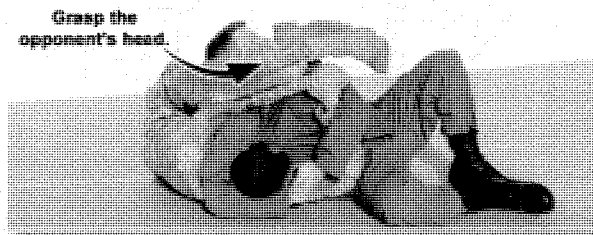
1) With a short, jerky motion, pull your elbow in and turn on your side toward your opponent.

2) Form the frame under your opponent's chin. Place your top arm under your opponent's jawbone, and rest your top hand comfortably on your wrist as if covering your watch.

Note. At this point, your bone structure should be supporting your opponent's weight.



3) Push with your top leg to move your hips away from your opponent.

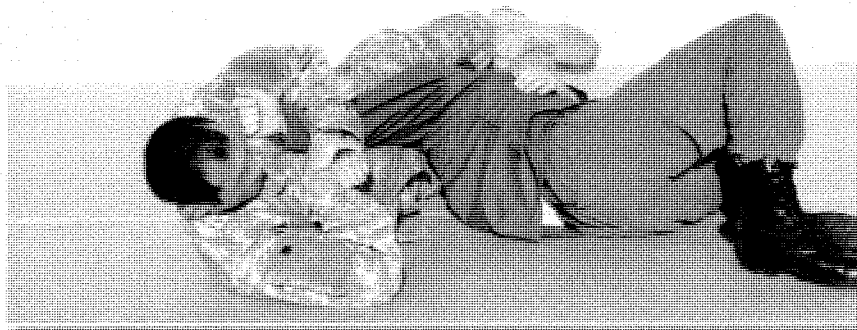


4) Push with the frame, and grasp your opponent's head with both legs.

Note. At this point, the opponent may let go of his headlock. If he does, refer to the standard course of action. If he does not, refer to the alternate course of action (indicated by ALTERNATE).

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE HEADLOCKS FROM THE BOTTOM, FORM THE FRAME (continued)

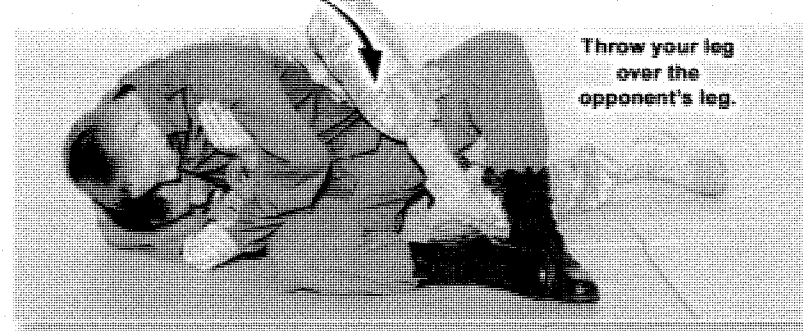


- 5) Squeeze your opponent's neck with your legs while holding his near-side arm.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

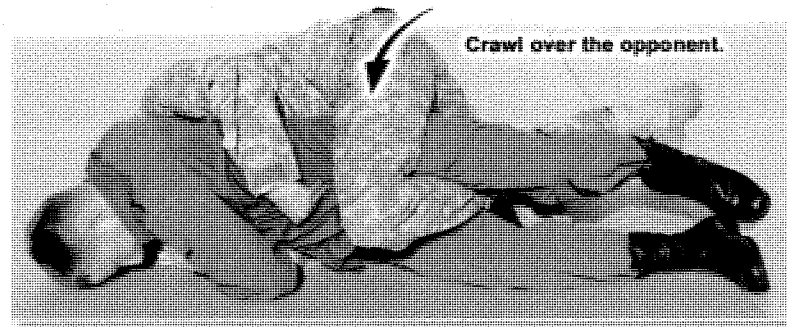
ESCAPE THE HEADLOCK, FOLLOW THE LEG

A fighter should perform escape the headlock, follow the leg when he has attempted to form the frame, but his opponent's head is tucked tight.



1) After ensuring that your arm is not captured, feel for your opponent's leg.

2) Place your leg over your opponent's leg.

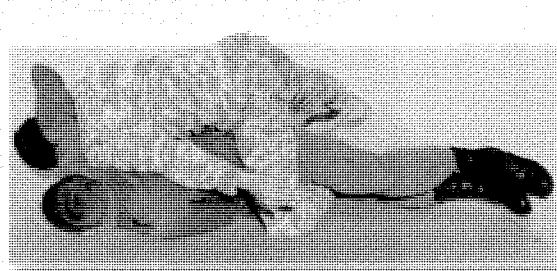


3) Pull your bottom arm free, and place your weight on it. Holding the opponent tightly at his shoulder, crawl over him using your own leg as a guide.

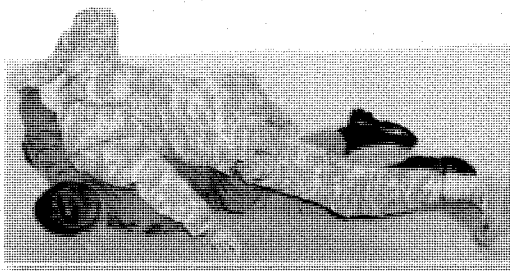
Note. At this point, the opponent may or may not roll with you. If he does not roll with you, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

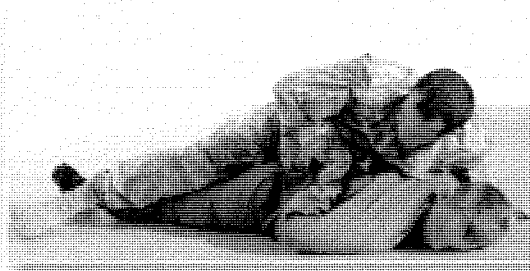
ESCAPE THE HEADLOCK, FOLLOW THE LEG (continued)



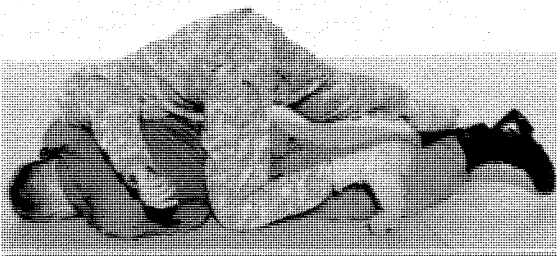
4) Use all of your body to apply pressure to your opponent's shoulder. This will break your opponent's grip.



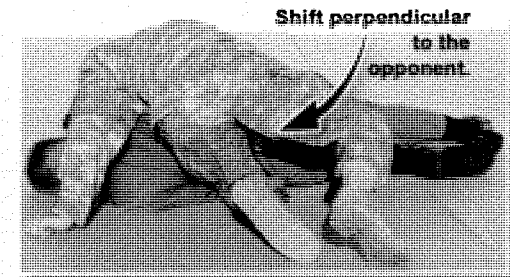
5) Grasp your opponent's wrist, and bring his arm behind his back.



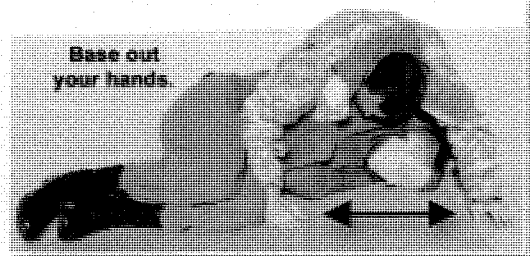
6) Pull your head out. This will leave you behind your opponent.



4) ALTERNATE. Step behind your opponent.



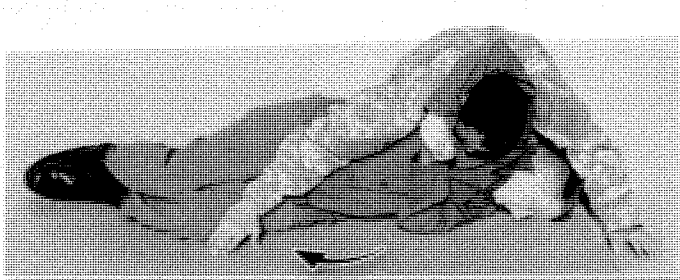
5) ALTERNATE. Position yourself perpendicular to your opponent.



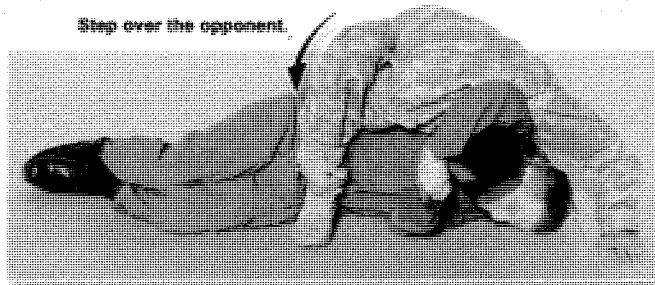
6) ALTERNATE. Base out your hands to prevent your opponent from rolling you over.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

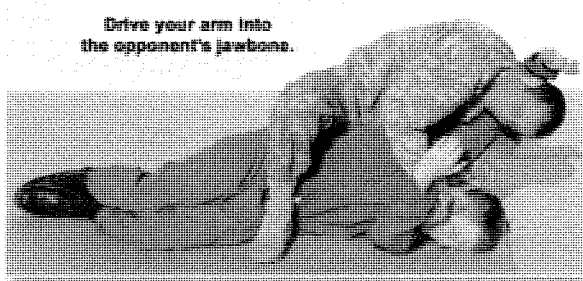
ESCAPE THE HEADLOCK, FOLLOW THE LEG (continued)



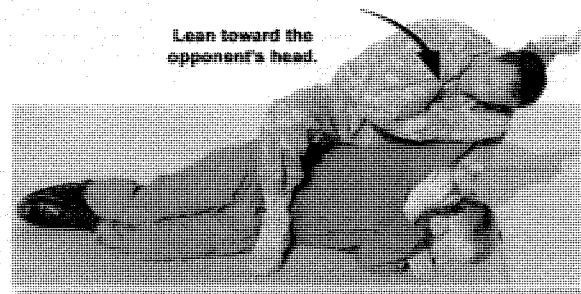
4) ALTERNATE. Use the hand nearest to your opponent's legs to move them out of the way.



5) ALTERNATE. Step over, and pull your foot in tight against your opponent's hip.



6) ALTERNATE. Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.

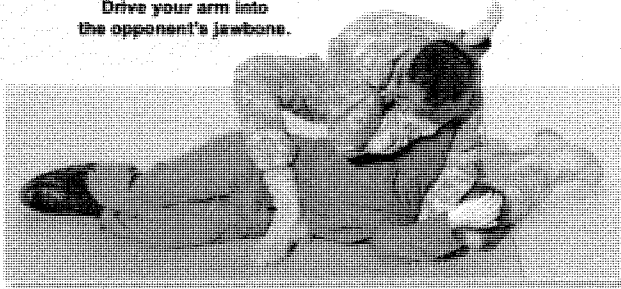


Note. Pulling your head straight up is less effective and requires more effort than moving toward your opponent's head.

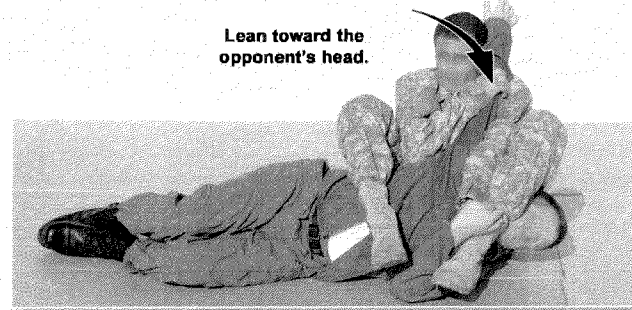
INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, FOLLOW THE LEG (continued)

Drive your arm into the opponent's jawbone.



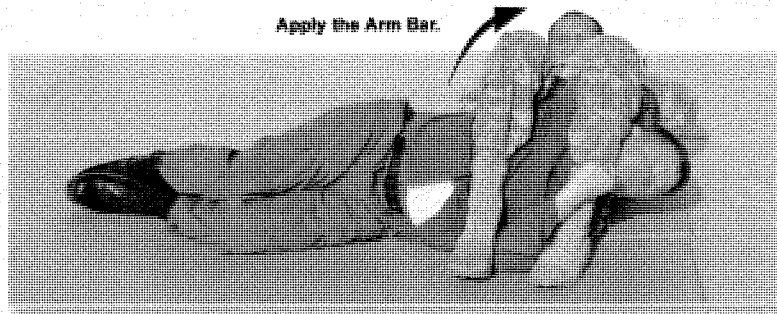
Lean toward the opponent's head.



4) ALTERNATE. Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.

5) ALTERNATE. Point your toe toward your opponent's head. Step over. Pinch your knees together.

Apply the Arm Bar.



6) ALTERNATE. Finish with an arm bar.

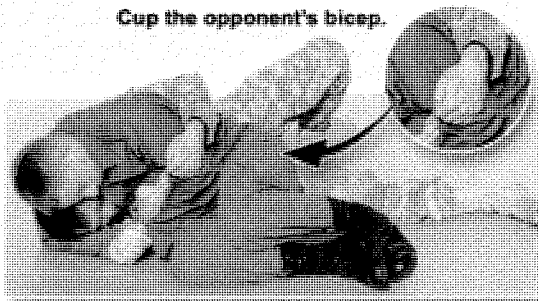
Note. As with any submission technique, apply the arm bar using slow, steady pressure, and release as soon as your training partner taps.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

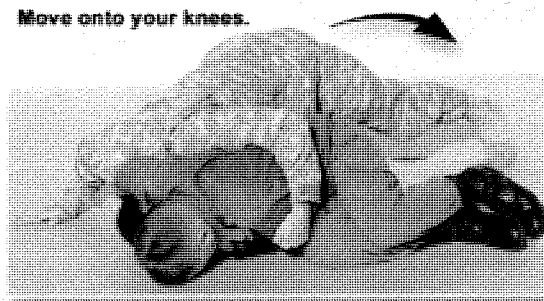
ESCAPE THE HEADLOCK, LIFT AND TURN

The fighter attempts escape the headlock, lift and turn after his opponent defends against attempts to form the frame and follow the leg (the opponent tucks his head and legs, respectively).

Cup the opponent's bicep.



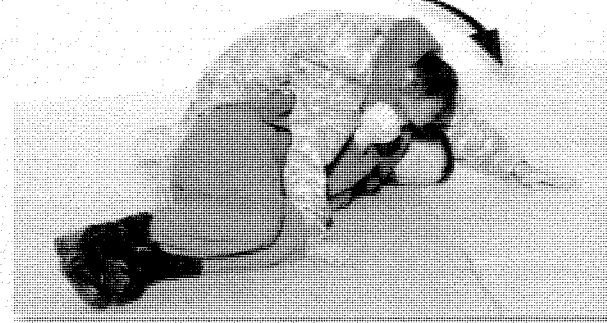
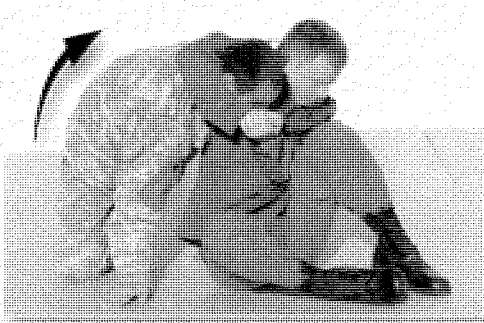
Move onto your knees.



1) After ensuring that your arm is not captured, cup your opponent's bicep with your top hand.

2) Move onto your knees, clear your back-side hand, and establish a good base.

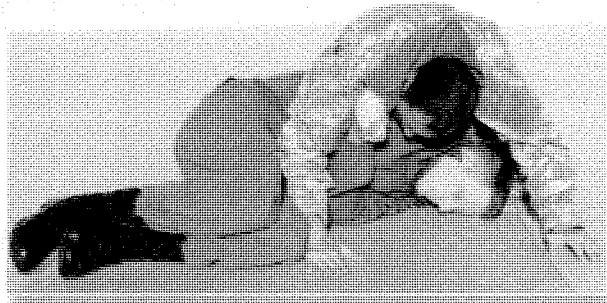
3) Push your opponent to the other side.



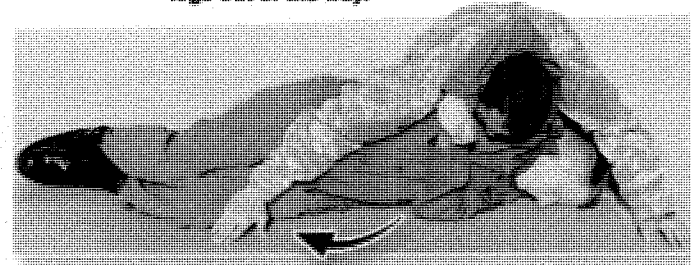
3) Continued.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, LIFT AND TURN (continued)

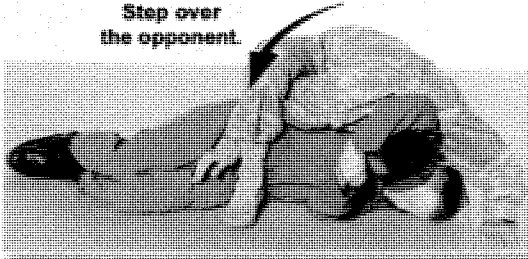


Sweep the opponents's legs out of the way.

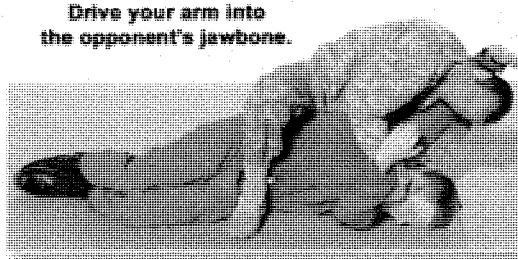


3) Use the hand nearest to your opponent's legs to move them out of the way.

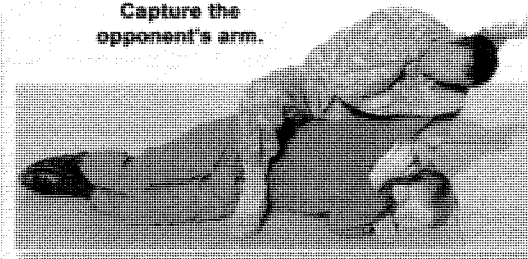
Step over the opponent.



Drive your arm into the opponent's jawbone.



Capture the opponent's arm.



4) Step over, and pull your foot in tight against your opponent's hip.

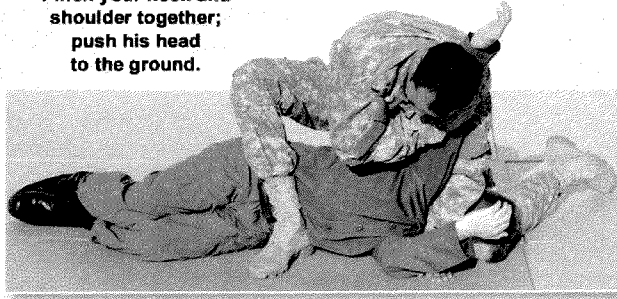
5) Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.

Note. Pulling your head straight up is less effective and requires more effort than driving toward your opponent's head.

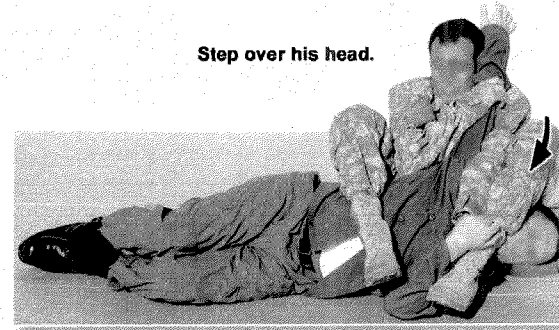
INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, LIFT AND TURN (continued)

Pinch your neck and shoulder together; push his head to the ground.



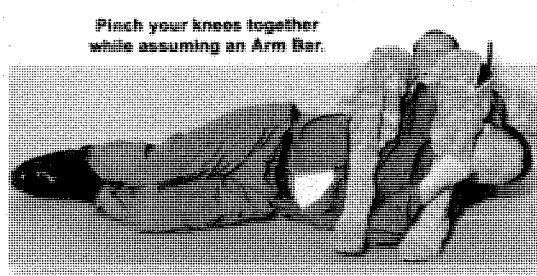
Step over his head.



- 3) Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.

- 4) Point your toe toward your opponent's head. Step over. Pinch your knees together.

Pinch your knees together while assuming an Arm Bar.



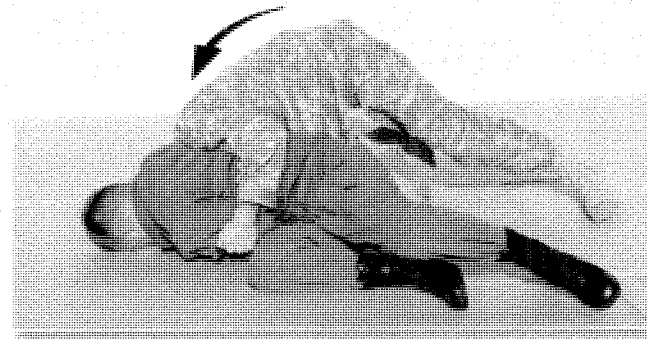
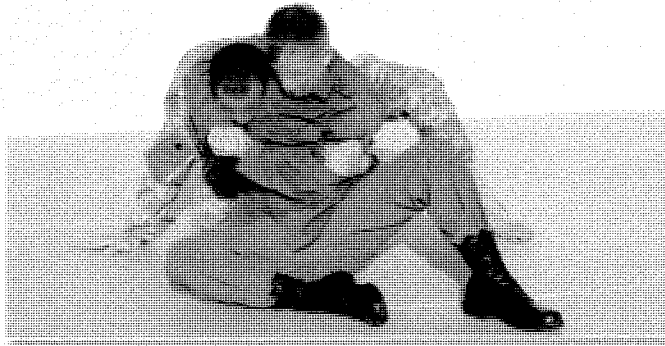
- 5) Finish with an arm bar.

Note. As with any submission technique, apply the arm bar using slow, steady pressure, and release as soon as your training partner taps.

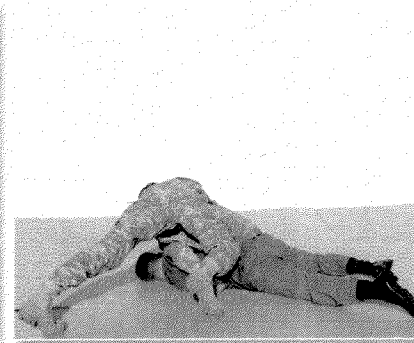
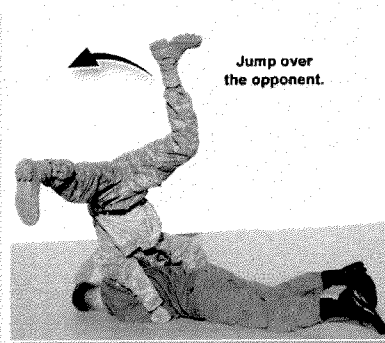
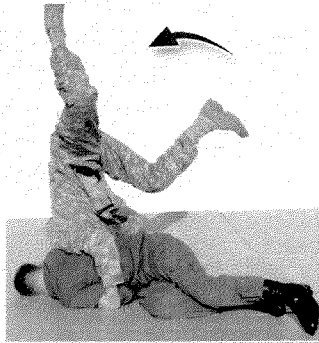
INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, BLOCK AND LIFT

The fighter attempts escape the headlock, block and lift after his opponent defends against attempts to escape the headlock, lift and turn by posting his leg to prevent the fighter from moving him onto his back.



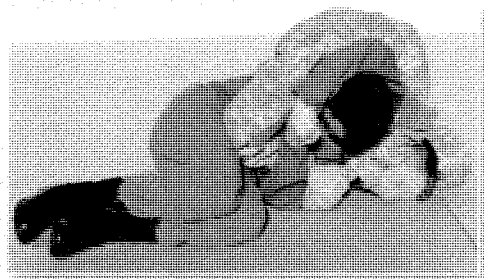
1) Immediately set your opponent back down forcefully.



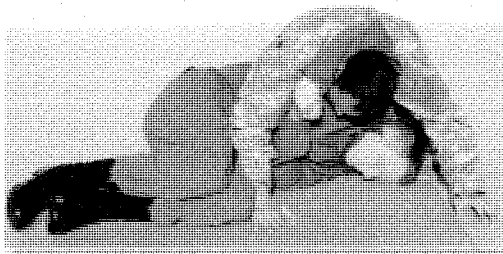
2) Jump or step over your opponent's body.

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

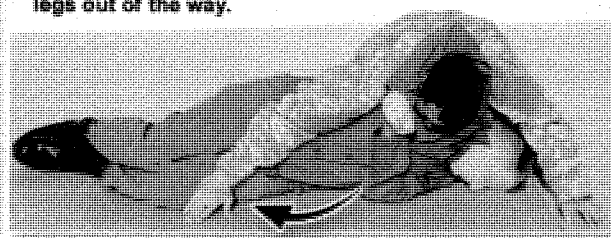
ESCAPE THE HEADLOCK, BLOCK AND LIFT (continued)



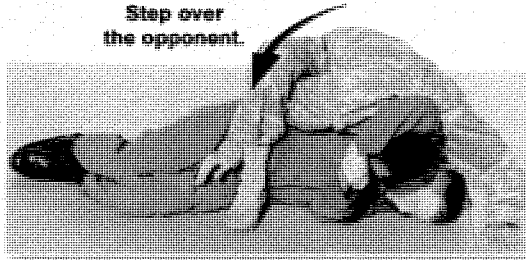
1) Rotate until you are on both knees behind your opponent's back.



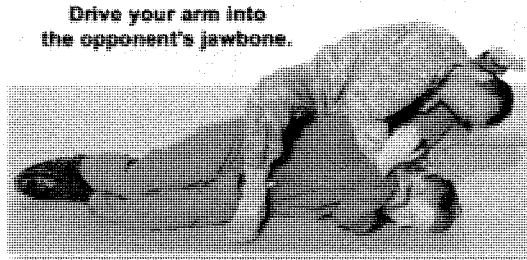
Sweep the opponent's legs out of the way.



Step over the opponent.



Drive your arm into the opponent's jawbone.



Capture the opponent's arm.

3) Step over, and pull your foot in tight against your opponent's hip.

4) Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.

Note. Pulling your head straight up is less effective and requires more effort than driving toward your opponent's head.

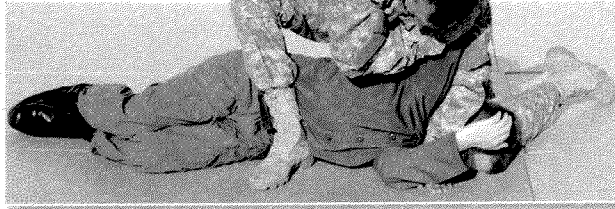
Chapter 4

Intermediate Ground Fighting Techniques

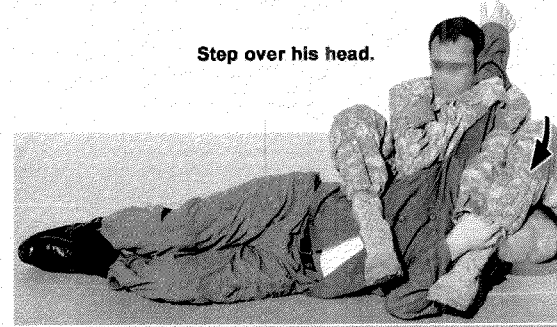
INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, BLOCK AND LIFT (continued)

Pinch your neck and shoulder together; push his head to the ground.



Step over his head.



- 1) Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.
- 2) Point your toe toward your opponent's head. Step over. Pinch your knees together.

Pinch your knees together while assuming an Arm Bar.



- 3) Finish with an arm bar.

Note. As with any submission technique, apply the arm bar using slow, steady pressure, and release as soon as your training partner taps.

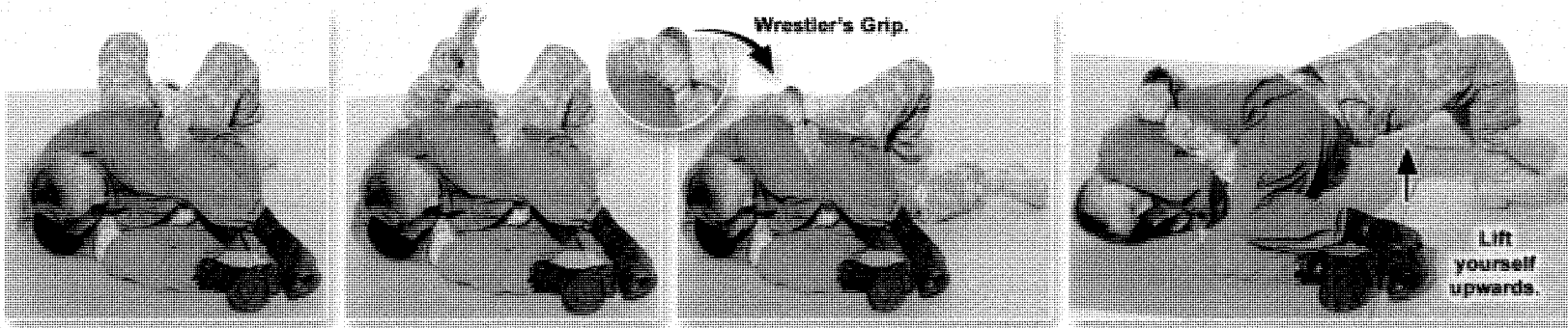
Chapter 4

Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, ARCH OVER

The fighter uses escape the headlock, arch over when he cannot free his arm from his opponent's control.



1) Using a wrestler's grip, pull your opponent onto you.

2) Arch your body, and lift your opponent toward your head.



3) Rotate your opponent around your head (half-moon), and roll on top of him.

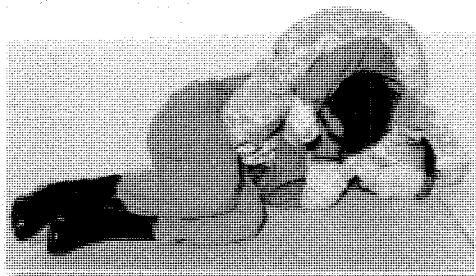
Note. The roll must be timed correctly and must be toward your head, not straight over your body.

Chapter 4

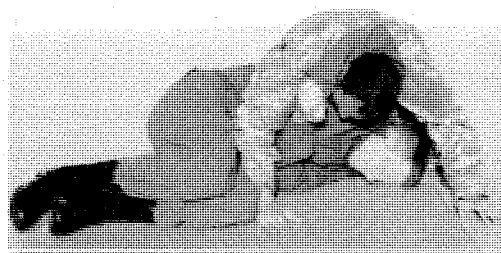
Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

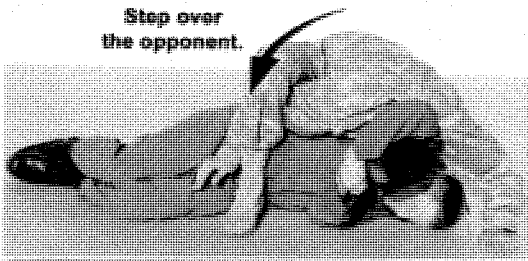
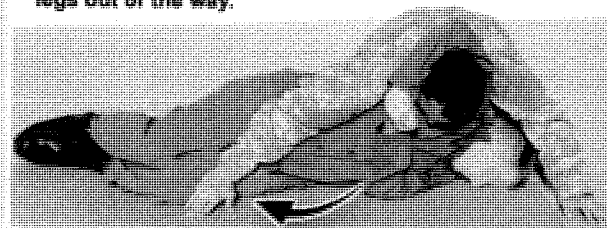
ESCAPE THE HEADLOCK, ARCH OVER (continued)



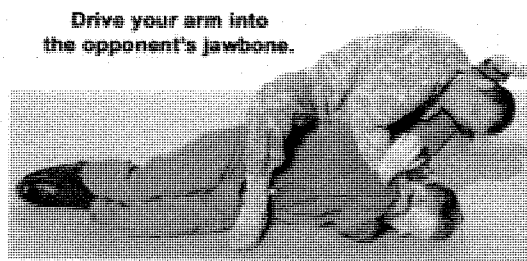
1) Rotate until you are on both knees behind your opponent's back.



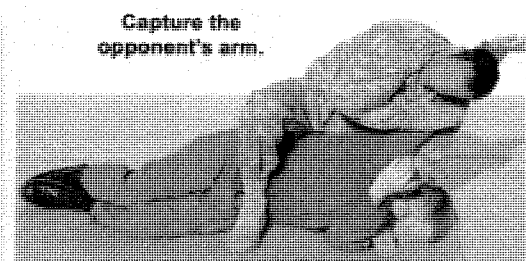
Sweep the opponent's legs out of the way.



Step over the opponent.



Drive your arm into the opponent's jawbone.



Capture the opponent's arm.

3) Step over, and pull your foot in tight against your opponent's hip.

4) Force your opponent to release his grip on your neck by forming the frame and leaning toward his head, driving the bone of your upper arm under his jawbone.

Note. Pulling your head straight up is less effective and requires more effort than driving toward your opponent's head.

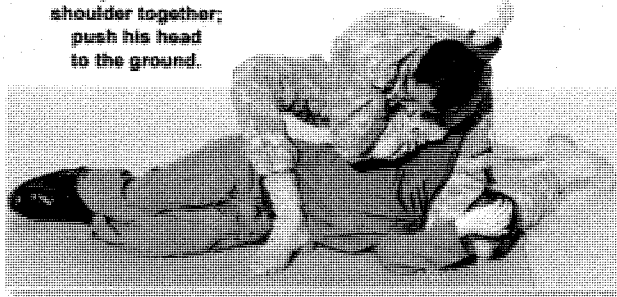
Chapter 4

Intermediate Ground Fighting Techniques

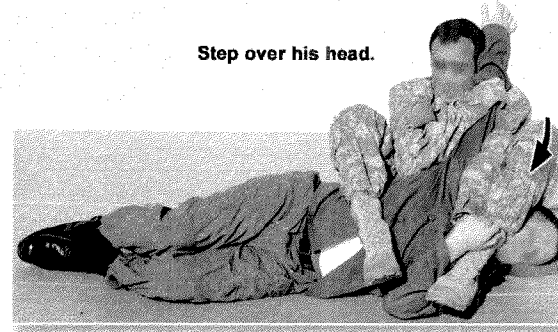
INTERMEDIATE BODY POSITIONING MOVES—DEFENSE AGAINST HEADLOCKS

ESCAPE THE HEADLOCK, ARCH OVER (continued)

Pinch your neck and shoulder together; push his head to the ground.

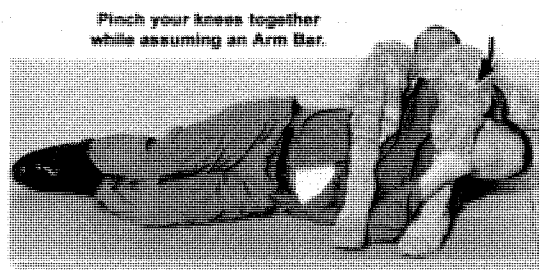


Step over his head.



- 1) Capture your opponent's arm with the hand closest to his hips, and pinch your neck and shoulder together to secure the grip. Post your other hand on his head, or push his chin to the ground.
- 2) Point your toe toward your opponent's head. Step over. Pinch your knees together

Pinch your knees together while assuming an Arm Bar.



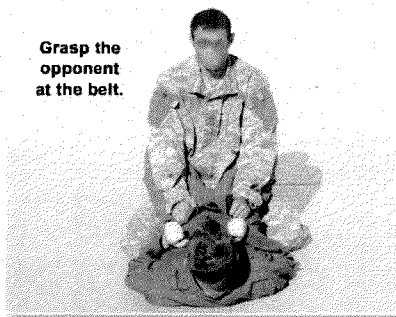
- 3) Finish with an arm bar.

Note. As with any submission technique, apply the arm bar using slow, steady pressure, and release as soon as your training partner taps.

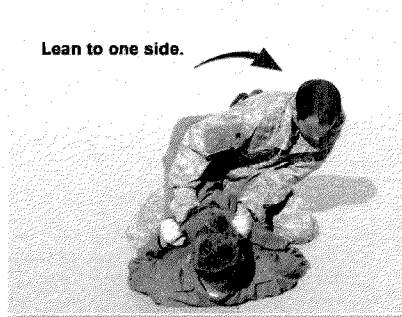
INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD WITH THE KNEE IN THE TAILBONE

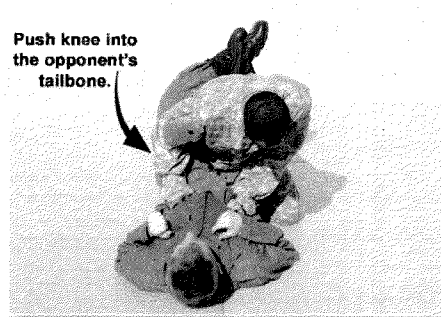
Pass the guard with the knee in the tailbone allows the fighter to set up multiple guard passes that he can choose from depending on how the opponent defends.



Grasp the opponent at the belt.



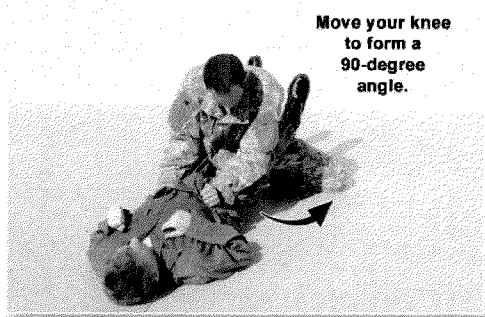
Lean to one side.



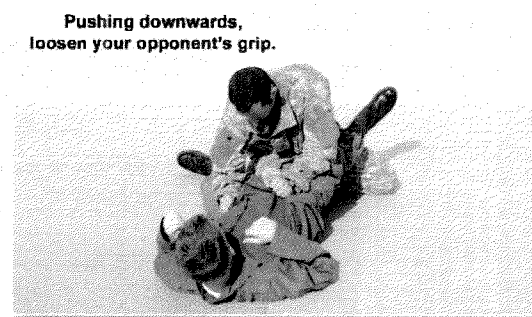
Push knee into the opponent's tailbone.

- 1) Moving one hand at a time, grasp your opponent at the belt with both hands. Keep pressure on him to prevent him from sitting up.
- 2) While pushing down on your opponent's hips, lean to one side and slide your knee out to prevent him from compromising your balance.
- 3) Place one of your knees in your opponent's tailbone.

Note. Be sure your elbows are in and your head is behind your hands.



Move your knee to form a 90-degree angle.



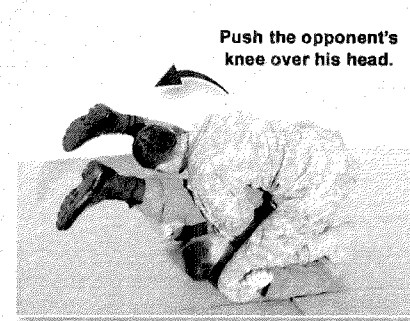
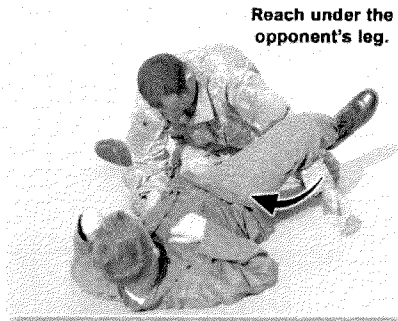
Pushing downwards, loosen your opponent's grip.

- 4) Push with both hands, and move your other knee away from your opponent to form a 90-degree angle with your legs. This creates more distance between the knee in the tailbone and your hip, forcing your opponent to loosen the grip with his legs.

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

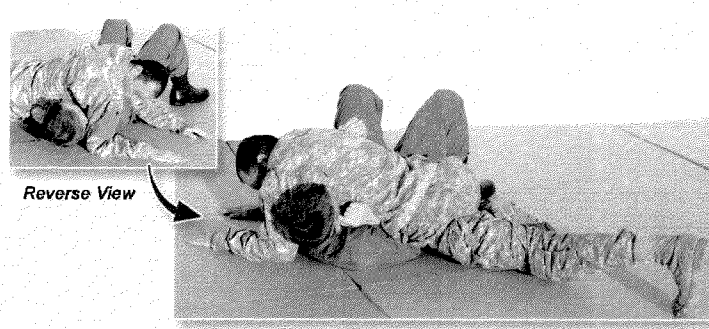
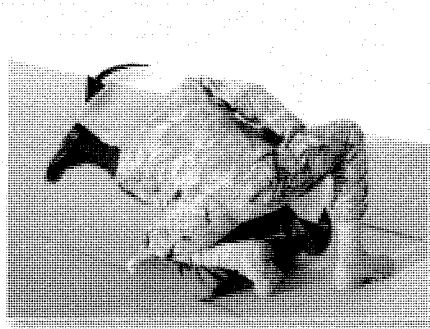
PASS THE GUARD UNDER ONE LEG

Pass the guard under one leg is used in conjunction with pass the guard with the knee in the tailbone.



- 1) Move your arm under your opponent's open leg, and pull it into your shoulder. Secure his waistband with your opposite-side hand. Bring your knee to the same-side leg.
- 2) Reach your hand into your opponent's collar, thumb inside.
- 3) Stack your opponent, pushing his knee straight over his head until you break the grip of his legs. Pull your arm out, and grab his pants at the waist.

Note. Keep your head above your opponent's knee.

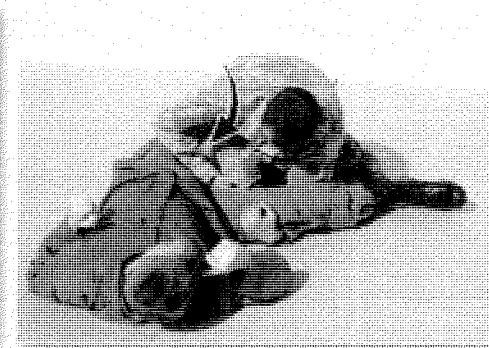


- 4) Let your opponent's leg pass your head.
- 5) Place your elbow in the notch created by your opponent's neck and shoulder (elbow notch). Assume good side control.

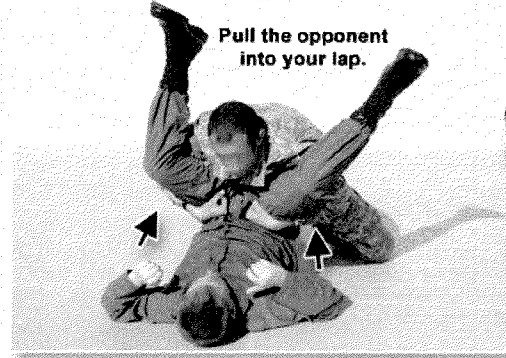
INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD UNDER BOTH LEGS

The fighter uses pass the guard under both legs when the opponent defends against attempts to pass the guard under one leg by putting all of his weight on the leg the fighter is trying to pass under.



- 1) When you move your arm under your opponent's open leg, he puts his weight on the leg to prevent the stack. Move your other arm under his other leg.



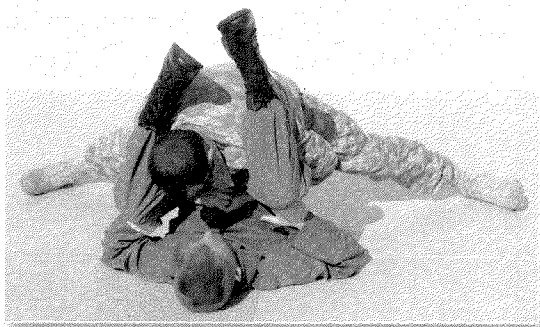
- 2) Grab the sides of your opponent's thighs, and pull him into your lap.
- 3) Bring your hands around, and secure an opposing thumb grip.

Chapter 4

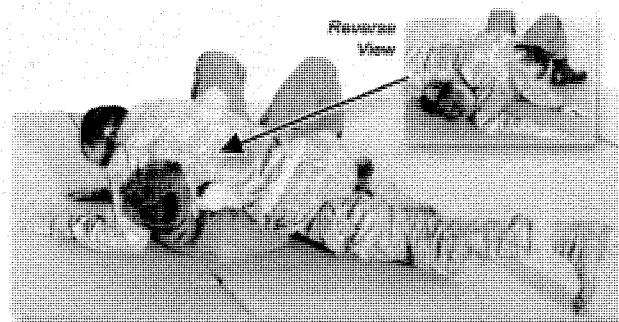
Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD UNDER BOTH LEGS (continued)



- 1) Hop onto your toes, sprawling your opponent to the stack.
- 2) Open your opponent's collar with your same-side hand, while securing a grip on the collar with your opposite-side hand (thumb inside collar).
- 3) Move your body to position yourself beside your opponent on the same side as your thumb.

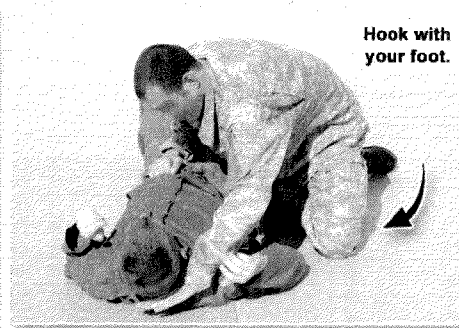
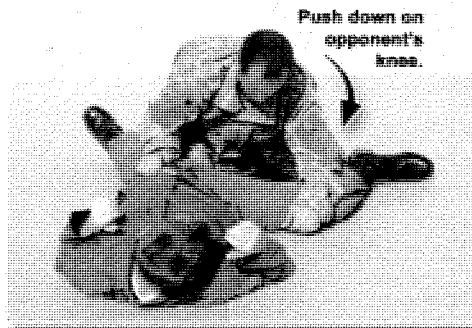


- 4) Stack your opponent up, pushing his knee straight over his head until you break the grip of his legs. Release his collar, and grab his pants at the tailbone. Let his leg pass your head.
- 5) Place your elbow in the notch created by your opponent's neck and shoulder (elbow notch). Assume good side control.

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

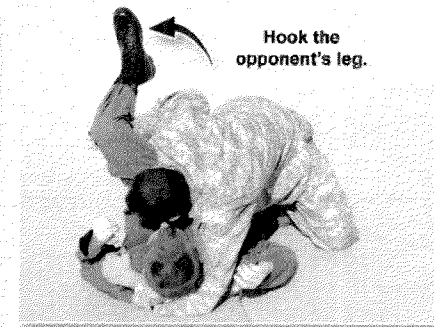
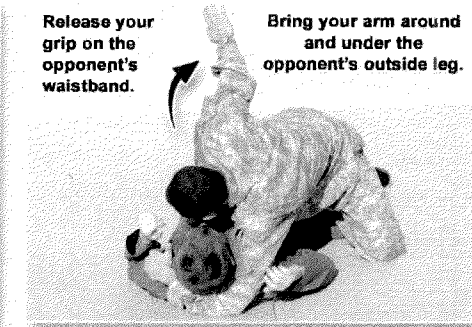
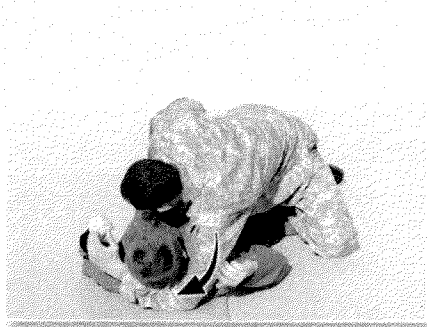
PASS THE GUARD NEAR SIDE LEG THROUGH

Pass the guard under one leg is used in conjunction with pass the guard with the knee in the tailbone.



1) When you attempt to move your arm under your opponent's open leg, he puts his weight on the leg. Push down on his knee.

2) Slide your near-side leg through, hooking your opponent's leg by putting your knee on the ground and hooking with your foot. When you do this, his foot will come off the ground.

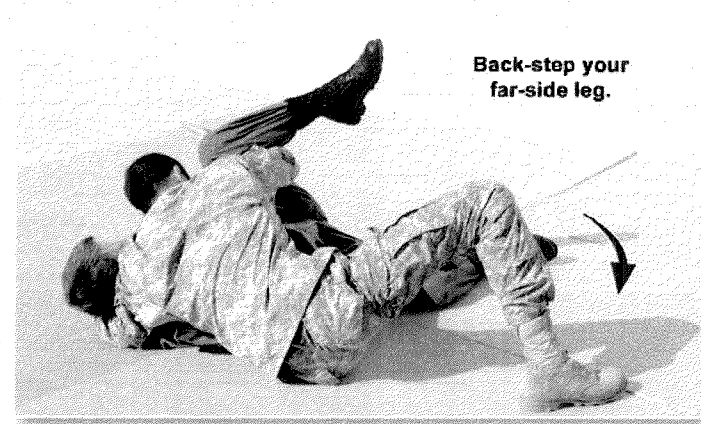


3) Reach your near-side arm around your opponent's head.

4) Hook the other leg with your far-side arm.

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD NEAR SIDE LEG THROUGH (continued)



- 1) Back-step your far-side leg, drop your hips to the ground, and continue to hook your opponent's leg with your near-side foot.

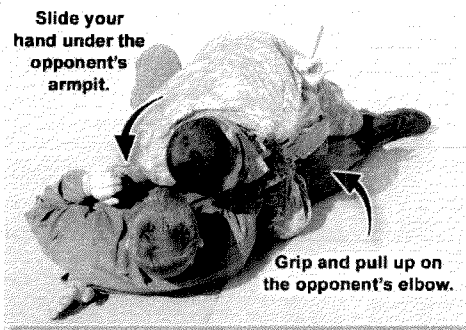
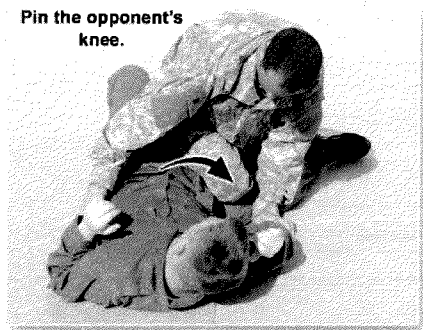


- 2) Push your shoulder into your opponent's leg. Clear his legs to get into side control.

INTERMEDIATE BODY POSITIONING MOVES—PASS THE GUARD

PASS THE GUARD FAR SIDE LEG THROUGH

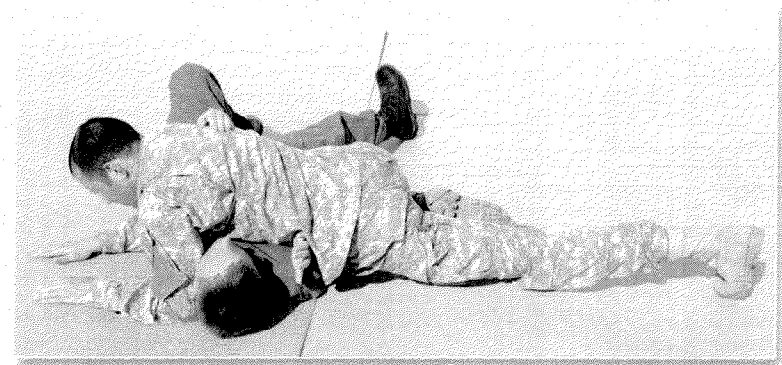
Pass the guard far-side leg through is used in conjunction with pass the guard with the knee in the tailbone.



- 1) When you attempt to move your arm under your opponent's open leg, he puts his weight on the leg. Push down on his knee.
- 2) Slide your opposite-side knee over, pinning your opponent's knee to the ground.
- 3) Slide your same-side hand under your opponent's armpit on the back-side. Secure a grip on his near-side arm at the elbow, and pull it up. Step over with your non-pinning leg.



4) Sit through.



5) Switch to side control.

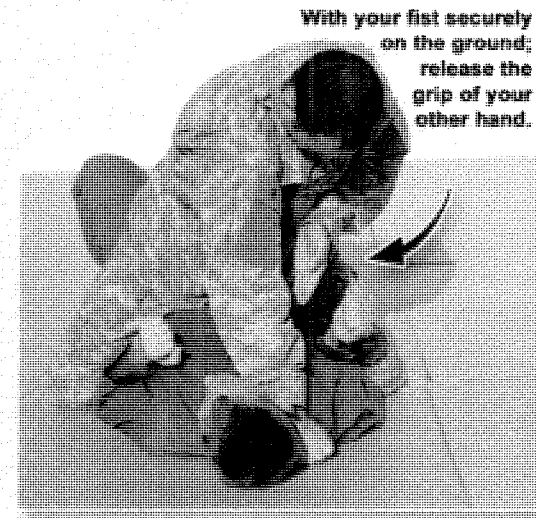
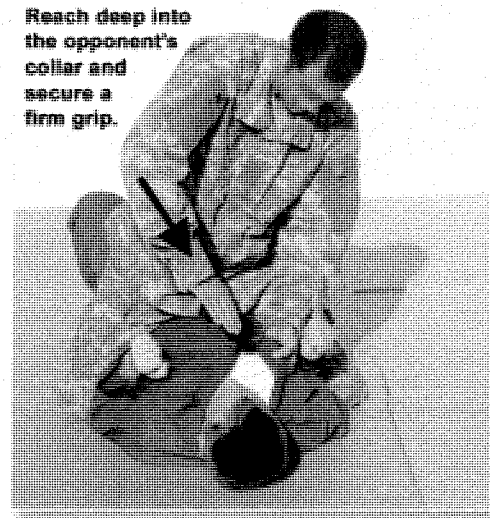
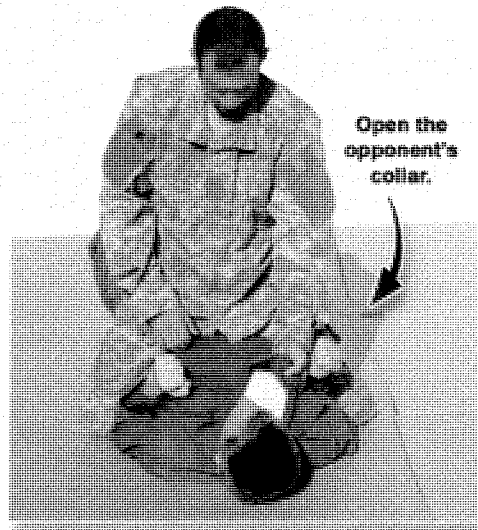
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

PAPERCUTTER CHOKE

When in the mount, choking the opponent is the best way to finish the fight. This choke is used when the opponent is wearing a shirt with a collar, but may be defending one side of his neck.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



- 1) Open your opponent's collar with your non-dominant hand. With your dominant hand, reach deep into the collar thumb first, securing a firm grip and placing your fist on the ground

- 2) Release the grip of your other hand.

Chapter 4

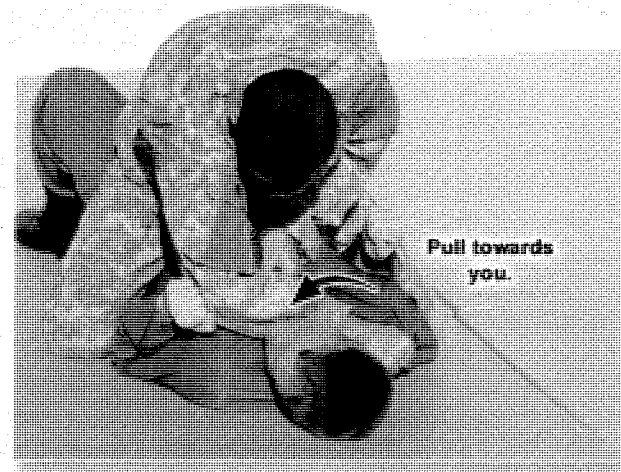
Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

PAPERCUTTER CHOKE (continued)



- 1) Reach under your arm, and grasp the opposite side of your opponent's collar, pulling it tight against the back of his neck.



- 2) Drive your elbow across your opponent's neck and pull toward yourself to complete the choke.

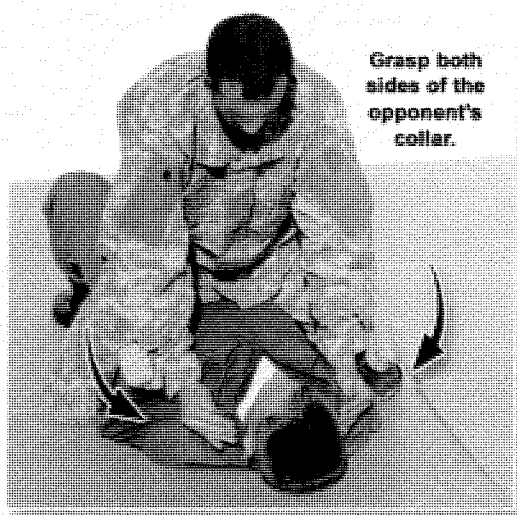
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

NUTCRACKER CHOKE

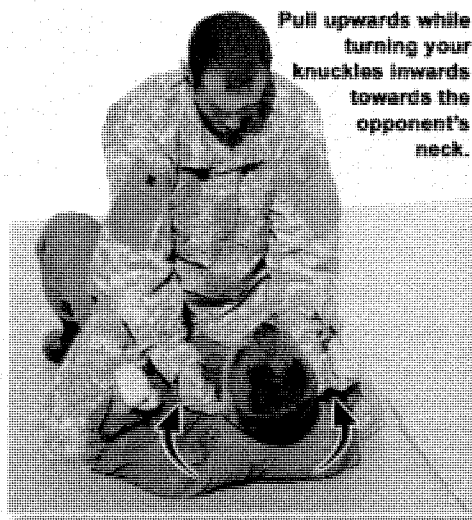
The fighter uses this choke when his opponent is wearing a shirt with a collar, but is not defending his neck for a choke.

WARNING

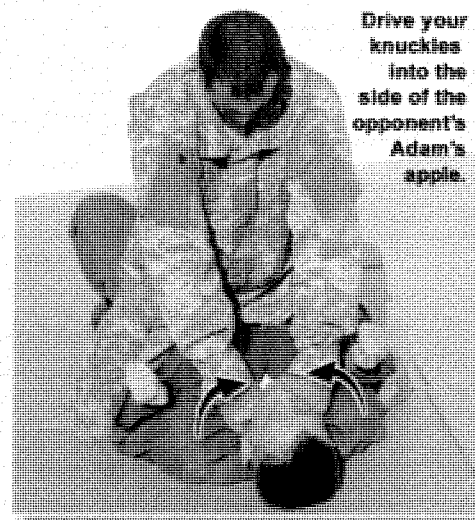
For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



- 1) Grasp your opponent's collar with both hands at the sides of his neck. Point your knuckles in against his neck.



- 2) Pull up with both hands and, with your pinkies acting as a pivot, drive both pointer finger knuckles into your opponent's neck on either side of his Adam's apple.



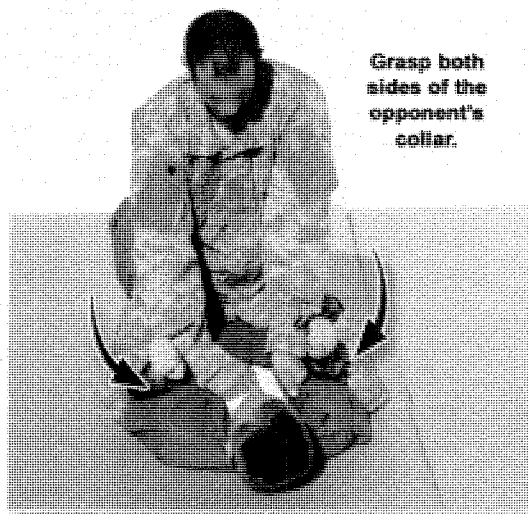
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

LEANING CHOKE

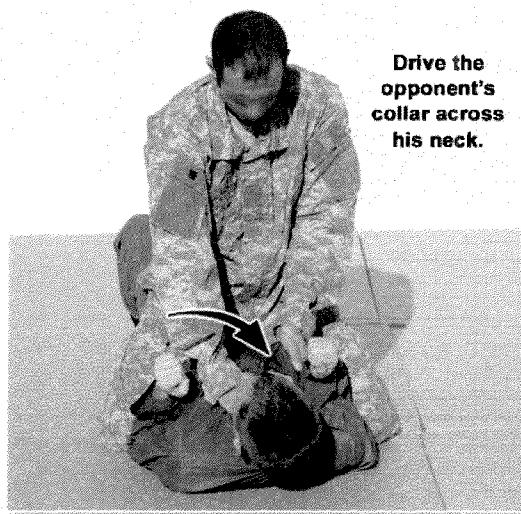
When in the mount, the fighter may use the leaning choke to finish the fight.

WARNING

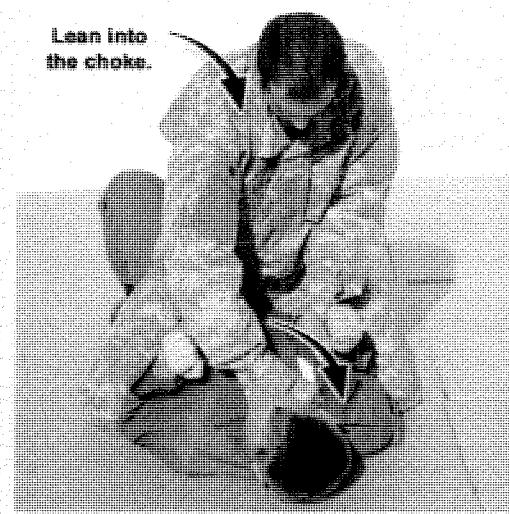
For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



- 1) Grasp both sides of your opponent's collar, pinkies down. Your knuckles should be pointed inward, and there should be three or four inches of slack.



- 2) Drive one side of your opponent's collar across his neck so that your pinky knuckle is positioned just past his Adam's apple.



- 3) Pull your other hand tight, and lean into the choke. Drive this hand into your opponent's neck.

CAUTION

Keep the arm applying the choke bent to prevent arm injury

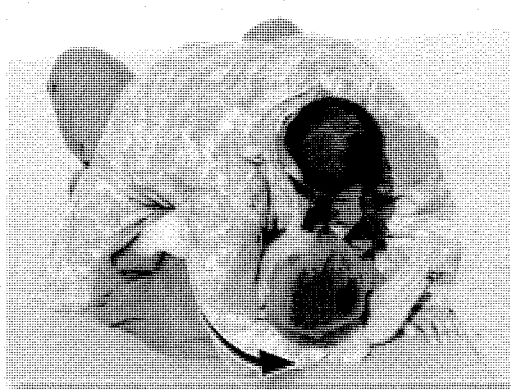
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

SLEEVE CHOKE

Unlike other choking techniques, the sleeve choke does not require the opponent to wear a shirt with a collar. This choke uses the fighter's own sleeve to choke the opponent and finish the fight.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



- 1) Reach one arm underneath your opponent's head.
- 2) Reach into your other sleeve, and secure a tight grip.

Chapter 4

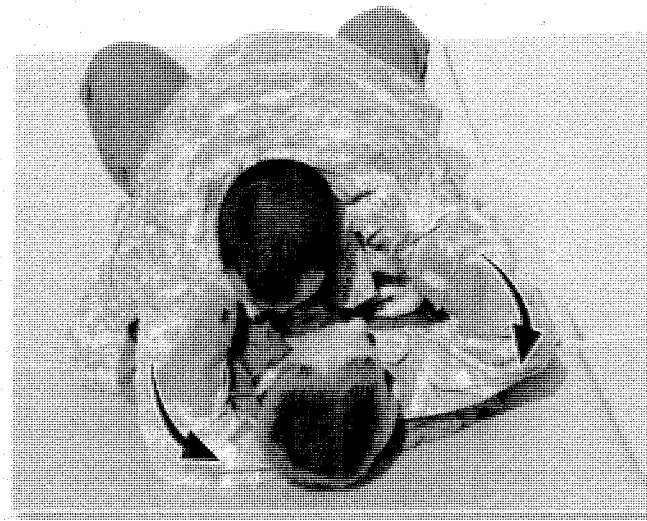
Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE MOUNT

SLEEVE CHOKE (continued)



1) Make a fist with your free hand, and pull it across your opponent's neck.



2) Straighten your arms to finish the choke.

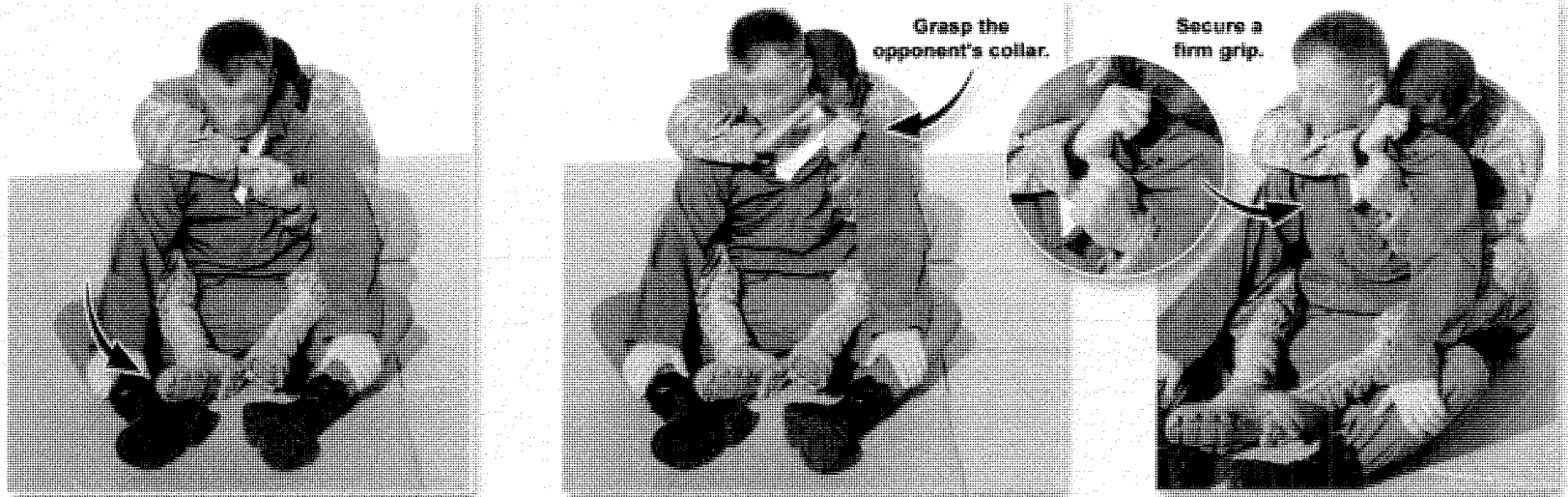
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

COLLAR CHOKE

When in rear mount, choking your opponent is the most preferred method of finishing the fight. The collar choke is one technique that the fighter may use to do so.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



- 1) Grasp your opponent's collar with your hand in his armpit. Pull it open, and insert the thumb of your other hand deep into his collar. Secure a firm grip.

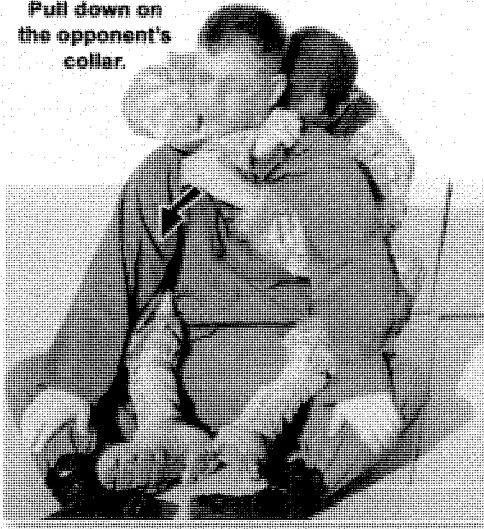
Chapter 4

Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

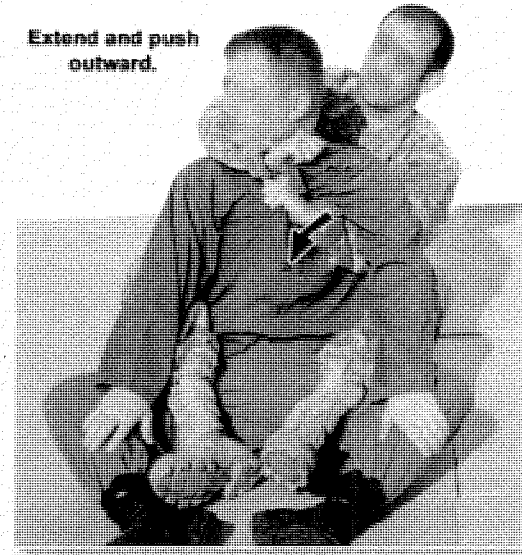
COLLAR CHOKE (continued)

Pull down on the opponent's collar.



- 1) Grasp your opponent's lapel with the hand that was under his armpit. Pull down to tighten his collar against the back of his neck.

Extend and push outward.



- 2) Extend your arms and push outward with both hands to set the choke.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

SINGLE WING CHOKE

When attempting the collar choke, the opponent may block the fighter from reaching for his far-side lapel. If this happens, the fighter may finish using the single wing choke.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



1) Open your opponent's collar, and secure a grip inside.



Grip the
opponent's
collar.



Pull the
opponent's
elbow outward.

2) With the hand that is under your opponent's armpit, pull his arm out at the elbow.

Note. Keep the hand away from the armpit, and don't lose control of the elbow.

Chapter 4

Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

SINGLE WING CHOKE (continued)



1) Pull your opponent's arm away from his body, and raise his arm.



2) Bring your hand behind your opponent's head, and finish the choke by pushing out with both hands.



INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

STRAIGHT ARM BAR FROM THE REAR MOUNT

After the opponent defends both the collar choke and the single wing choke, the fighter may use this technique as an alternative to choking his opponent. Although it is not the most preferred method of finishing the fight, it allows the fighter to break the opponent's arm from the rear mount.



1) Push your arm under your opponent's armpit. Pull the other arm around your opponent's neck.



2) Reach through with the underhook and grab your opponent's shoulder, trapping it.



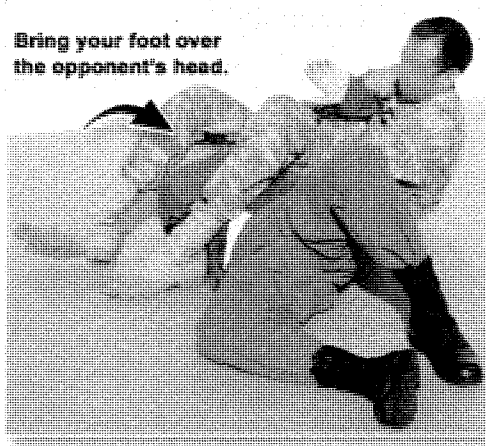
3) Pull your opponent backward, with your leg across his belt line.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE REAR MOUNT

STRAIGHT ARM BAR FROM THE REAR MOUNT (continued)

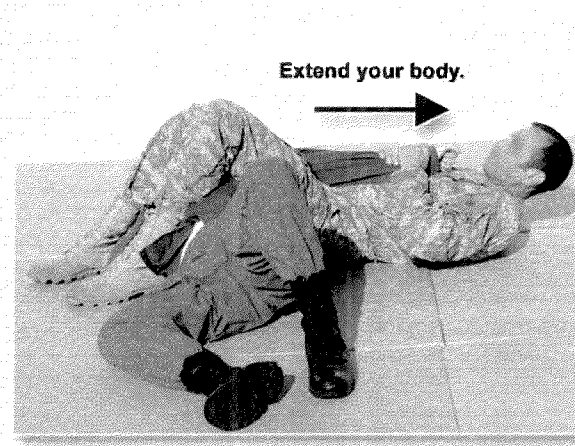


1) With the palm of your other hand, push your opponent's head away.



Bring your foot over the opponent's head.

2) Step over your opponent's head with your leg. Break your opponent's grip by pushing with your legs and extending your body.



Extend your body.

3) Finish with the straight arm bar.

Note. As with any submission technique, apply the straight arm bar using slow, steady pressure, and release as soon as your training partner taps.

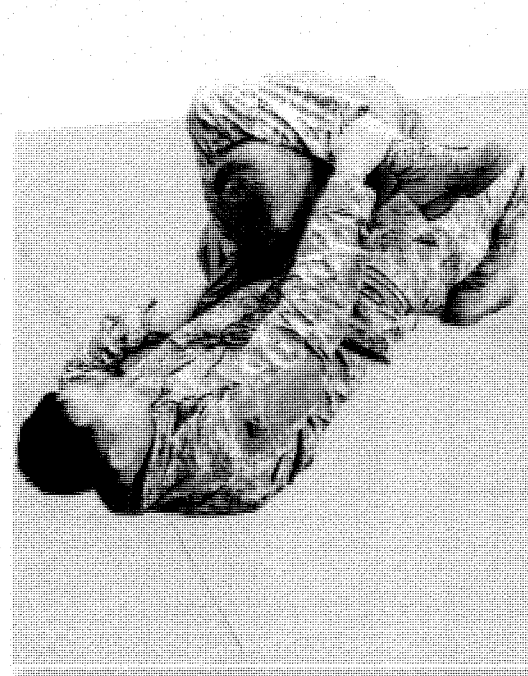
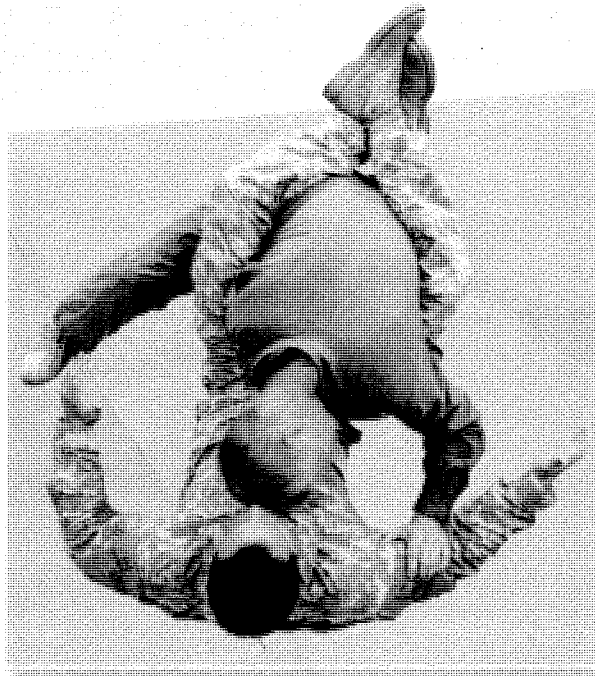
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

TRIANGLE CHOKE

If an opponent gets his hand through and begins to pass a fighter's guard, a fighter can apply the triangle choke.

WARNING

For training purposes, hold chokes only until your opponent taps. Holding the choke for lengthy periods may cause injury or death.



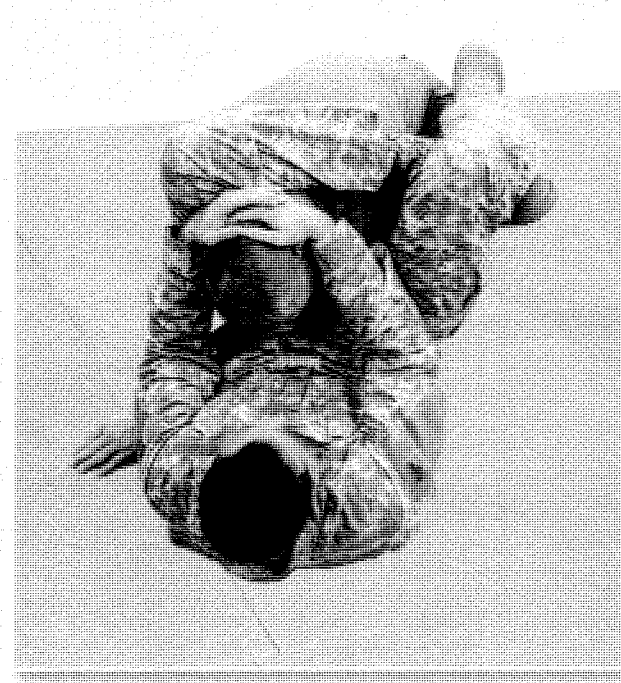
- 1) Post your foot on the ground and turn your body perpendicular to your opponent. Control your opponent's posture by curling his neck in with your leg. Lift your hips, and pull his arm across.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

TRIANGLE CHOKE (continued)



1) Place the inside of your knee over your own foot. You may assist yourself by grasping your shin with your hand.

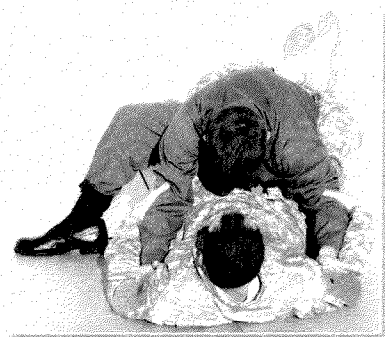


2) Place both of your hands on the back of your opponent's head, and push upward with your hips.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

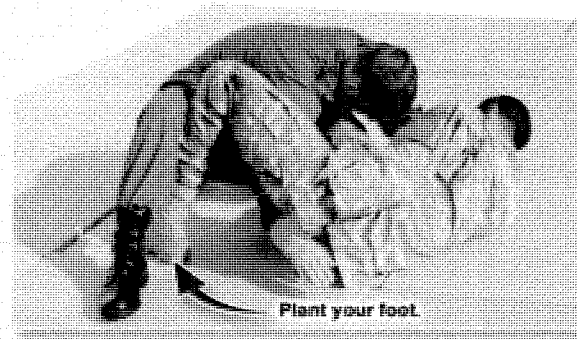
ELEVATOR SWEEP FROM THE GUARD (OPTION ONE)

As the opponent attempts to pass the fighter's guard, he may place his hands between the fighter's legs. If this occurs, the fighter can apply this technique to gain dominant position.



1) When your opponent passes the guard, he will post his arm between your legs and on the ground.

2) Secure his posting arm at the wrist with your near-side hand.



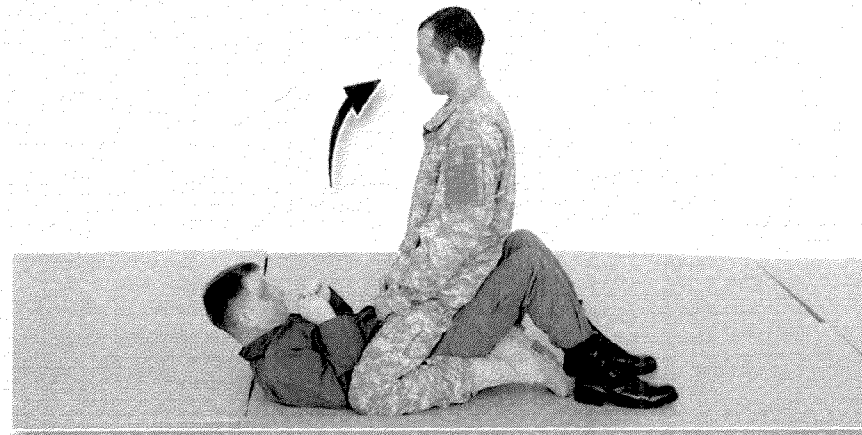
3) Move your same-side foot like a windshield wiper, and plant your foot firmly under your opponent's leg. Post your opposite-side knee on the ground, and move your hip out.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION ONE) (continued)



1) Lift his leg, and scissor his bottom leg backward.



2) Roll over to the mount.

Chapter 4

Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION TWO)

As the opponent attempts to pass the fighter's guard, he may control the fighter's arms at the bicep. If this occurs, the fighter can apply this technique to gain dominant position.



1) Attempt to scissor sweep.



2) Once your leg is across your opponent's belt line, your opponent sets his weight on your leg.

Chapter 4

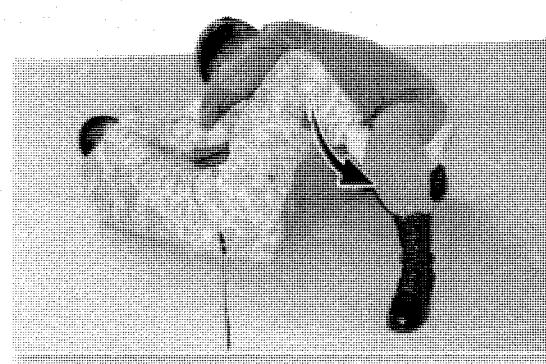
Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP FROM THE GUARD (OPTION TWO) (continued)



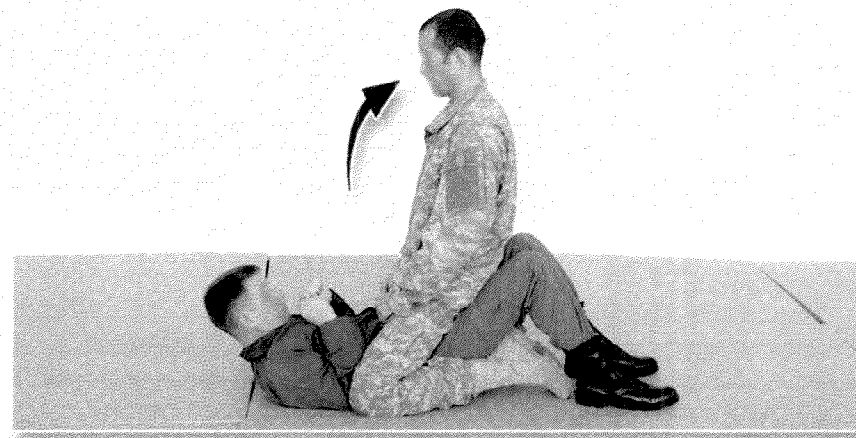
1) Straighten your leg to free your knee.



2) Circle your foot around, hooking the underside of your opponent's leg.



3) Lift your opponent's leg, while scissoring your bottom leg.

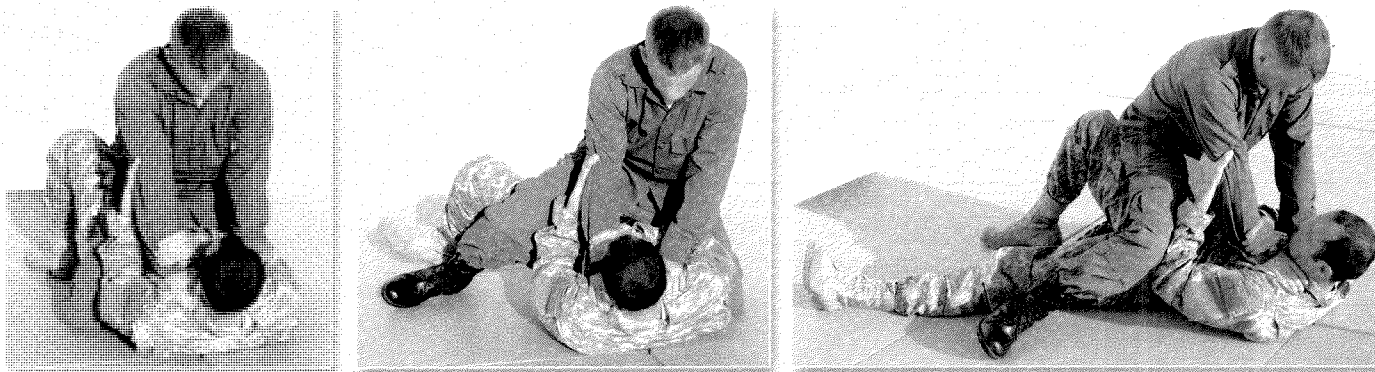


4) Roll over to the mount.

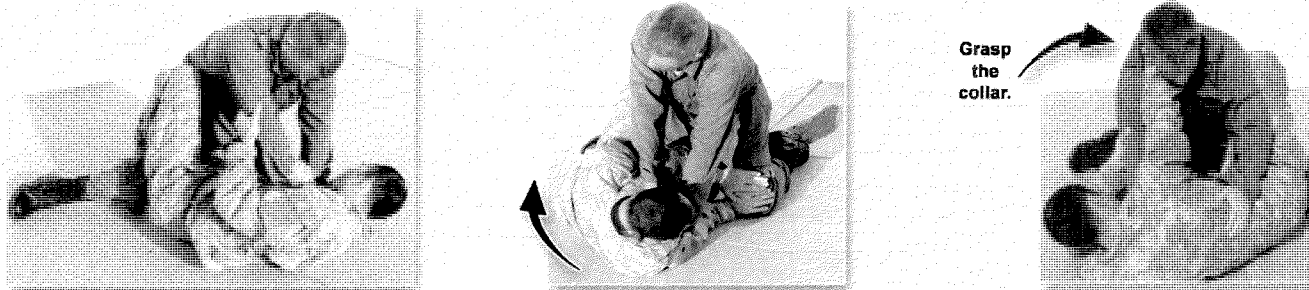
INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP ESCAPE THE MOUNT, SHRIMP TO THE GUARD

As in basic body positioning moves, when the opponent defends the arm trap and roll by posting his leg, the fighter needs to shrimp out from under him. Instead of assuming the guard, the fighter can use this technique to gain a more dominant body position.



1) Attempt to use escape the mount, shrimp to the guard.



2) Once you have positioned one leg between your opponent's legs and one leg out, shrimp toward the leg you have hooked to escape your opponent's hips. Control your opponent's elbow with one hand. Release the arm and continue to shrimp your hips out until your foot is able to hook the inside of your opponent's thigh.

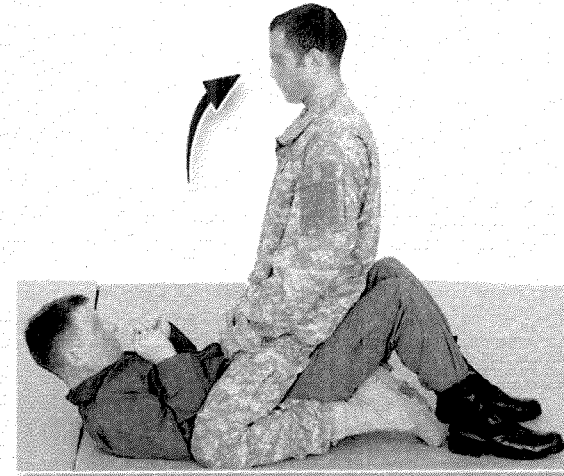
3) Rotate your body to the opposite-side hip, reach into opponent's collar with your hand, fingers in thumb out, and control your opponent's elbow.

Chapter 4

Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

ELEVATOR SWEEP ESCAPE THE MOUNT, SHRIMP TO THE GUARD (continued)



1) Lift your leg, at the same time, scissor the bottom leg backward.

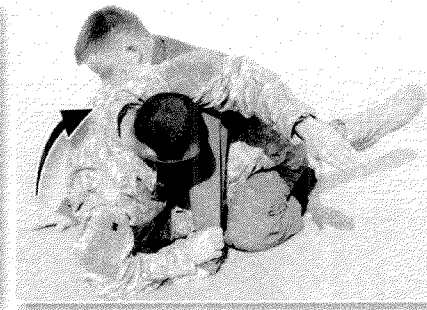
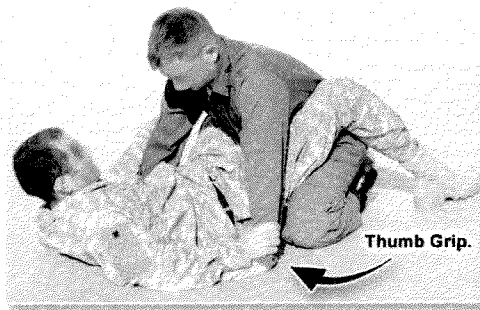
2) Roll into the mount.

Note. You can also bring the foot up from the bottom leg, tuck your opponent's knee, and lift with your other leg to roll him over.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

REVERSE BENT ARM BAR FROM THE GUARD

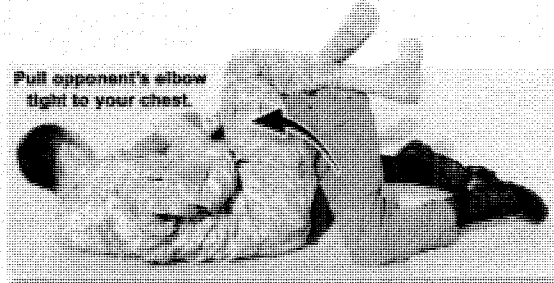
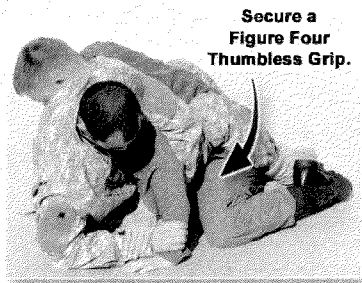
While in the guard, the opponent may place his hands on the ground. When this occurs, the fighter can perform the reverse bent arm from the guard.



1) Your opponent is in the guard, posting both hands on the ground.

2) Release your guard, place your feet flat on the ground, squeeze your knees together, and slide your body to back. Secure a Thumb Grip on your opponent's wrist. Open your legs, but keep your knees pressed tightly together.

3) Sit up.



4) Reach over your opponent's arm to secure a figure four using the thumbless grip.

5) If there is room, lace your near-side leg over your opponent's leg. Fall back to the ground.

6) Push your hips to the same side. Move your leg on top of your opponent's back. Keep your opponent's elbow tight to your shoulder.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

HIP HEIST SWEEP

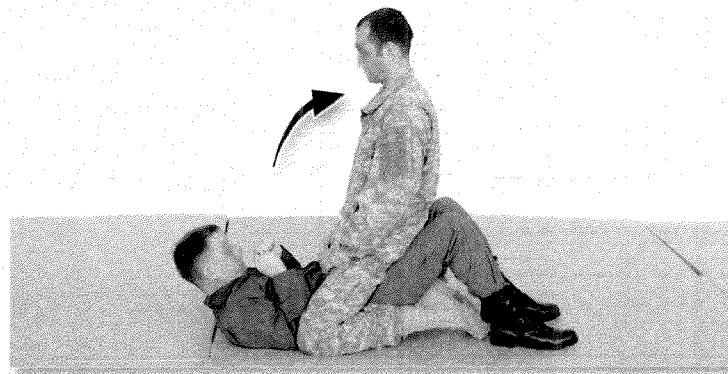
This technique can be used in conjunction with the reverse bent arm bar or if the opponent sits high in the fighter's guard.



1) Your opponent is in the guard, sitting back. Open your legs, place both feet flat on the ground, but keep your knees pressed tightly together.

2) Forcefully sit up, post one hand on the ground, and drive your hips into your opponent. Reach the other arm across your opponent's body and over his arm.

3) Secure a thumb grip at your opponent's elbow. Post the foot opposite your posted hand.

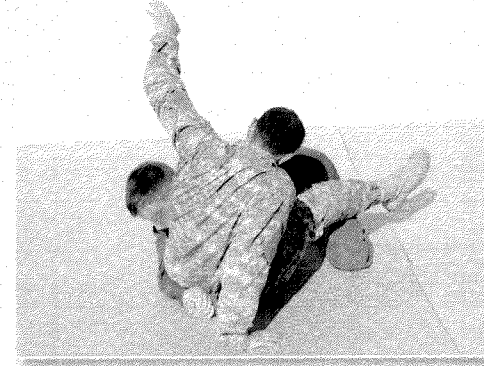


4) Lift your hips. Roll over your opponent's leg and into the mount.

INTERMEDIATE BODY POSITIONING MOVES—ATTACKS FROM THE GUARD

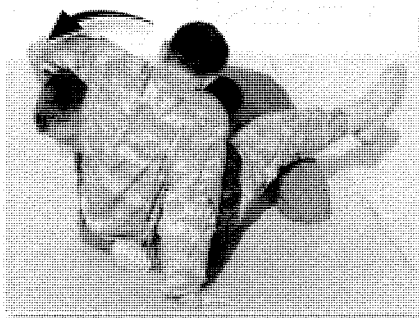
GUILLONTINE CHOKE FROM THE GUARD

This technique can be used in conjunction with the hip heist if the opponent defends by driving into the fighter



1) Attempt the hip heist sweep.

Note. If your opponent hugs your body to drive you back to the ground, open your legs and scoot your hips back to allow space for the choke.



2) Reach your arm around your opponent's neck, palm facing toward your body.



3) Secure a grip on your wrist (where your watch would be) with your other hand. Lift up to secure the choke.

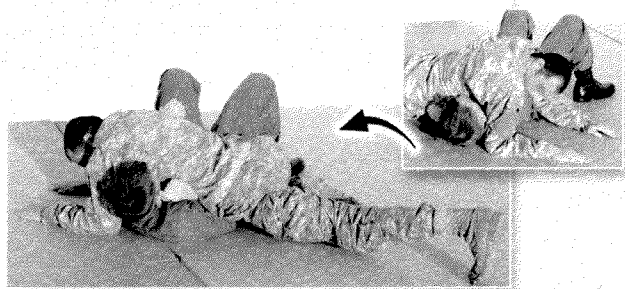


4) Sit back, locking the guard. Arch your back and pull with your arms, perform an oblique crunch to the same side of the head to finish the choke.

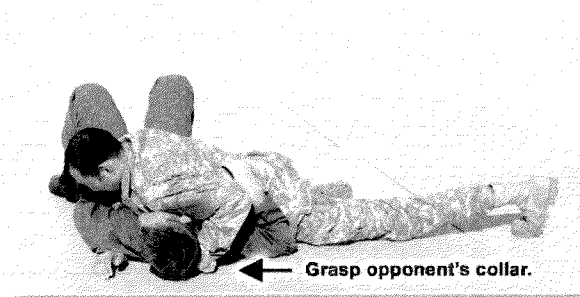
INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

KNEE MOUNT FROM SIDE CONTROL

Knee mount is a dominant body position between side control and mount. The fighter can also use this position to apply multiple submissions or to finish the fight with strikes.

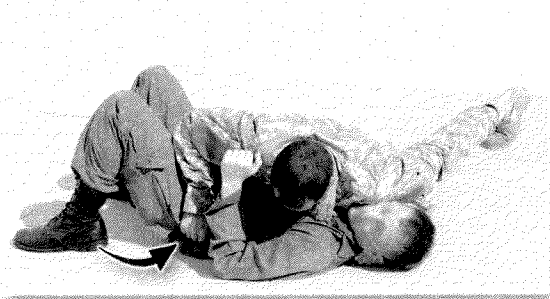


Reverse View

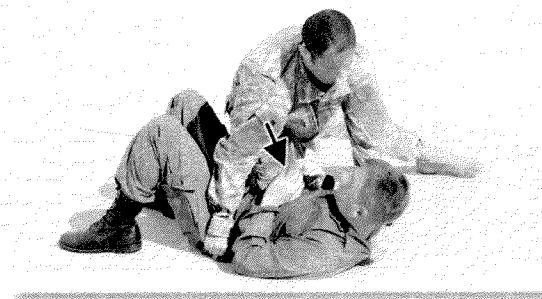


1) Achieve side control.

2) With the hand closest to your opponent's head, grasp his collar on either side



3) With your other hand, grasp your opponent's belt or uniform over his hip.



4) Push up with both hands. With one swift movement, post your head-side leg beyond the opponent's reach, and drive your other shin across his torso.

Note. Hook your foot inside of his hip so that there is no space for him to reach in between. Keep your hips set forward to maintain balance.

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

NEAR ARM SIDE BAR FROM THE KNEE MOUNT

When in the knee mount, the opponent may try to push the fighter away with his near-side hand. If this occurs, the fighter should use this technique.



1) Achieve the knee mount.



2) Step over your opponent's head with your same-side leg. Sit down as close to his shoulder as possible

Note. If your opponent pushes up with his near-side arm, grasp it at the elbow with your arm that is securing the hip with an overhook grip.



3) Lay back into the straight arm bar at a slight angle to finish the technique.

Notes. 1. You may need to twist slightly toward your opponent's legs to prevent him from rolling out of the technique. You do not need to bring your other leg across his body.

2. As with any submission technique, apply the Straight Arm Bar using slow, steady pressure, and release as soon as your training partner taps.

Chapter 4

Intermediate Ground Fighting Techniques

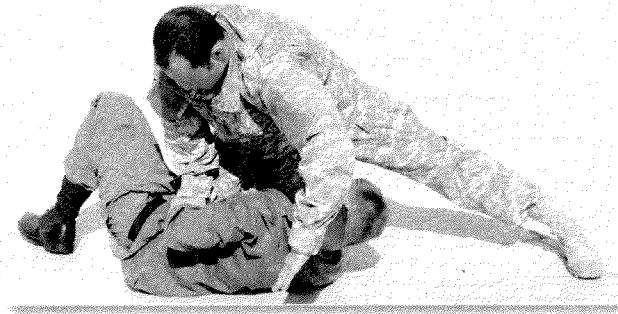
INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

REVERSE BENT ARM BAR FROM THE KNEE MOUNT

When the fighter has his opponent in the knee mount, the opponent may try to push the fighter's knee off and roll toward the fighter. If this occurs, the fighter should use this technique.



1) Achieve the knee mount.



2) Move your knee off of your opponent's chest. Reach over his arm with the other hand, grasping your own wrist.

Note. If the opponent tries to push your knee off, grasp his wrist with the hand closest to his legs.



3) Wrap your other hand completely around your opponent's arm.



4) Position your opponent's head between your knees, and pull him onto his side.

INTERMEDIATE BODY POSITIONING MOVES—KNEE MOUNT

REVERSE BENT ARM BAR FROM THE KNEE MOUNT (continued)



- 1) Break your opponent's grip by pulling his arm quickly toward his head.

Note. Keep your opponent's elbow tight to your chest to keep him from escaping.



- 2) Place your knee or same-side foot in the small of your opponent's back, and break his shoulder by rotating your torso toward his back.

Note. As with any submission technique, apply the reverse bent arm bar using slow, steady pressure, and release as soon as your partner taps.

INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS

STRAIGHT ANKLE LOCK

Another way to finish the fight is by using leg attacks. This technique is good to use when the opponents foot gets caught in the fighters arm pit.

Note. As with any submission technique, apply the straight ankle lock using slow, steady pressure, and release as soon as your partner taps.



- 1) When you are trying to pass the opponent's open guard, you may catch his foot in your armpit. Wrap your arm around his leg. Squat down, ensuring that your opposite-side knee is positioned between his legs. Push away from your opponent. Allow his leg to slide through your grip until you are holding his ankle.



- 2) Push your opponent's torso back with your outside foot, preventing him from sitting up to counter the lock. Form a figure four, and finish the break by arching your back.

Chapter 4

Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS

STRAIGHT KNEE BAR

This technique can be used in conjunction with the straight ankle lock. The fighter can apply it when the opponent tries to free his leg by pulling it out of the fighter's armpit.

Note. As with any submission technique, apply the straight knee bar using slow, steady pressure, and release as soon as your partner taps.



1) With your opponent on his back, control one of his legs, as you begin to transition your knee across the thigh rotate your over hook grip to an under hook on the leg you are attacking .

2) Slide your knee across your opponent's thigh to the ground. Keep your same-side foot hooked into your opponent's hip.

Chapter 4

Intermediate Ground Fighting Techniques

INTERMEDIATE BODY POSITIONING MOVES—LEG ATTACKS

STRAIGHT KNEE BAR (continued)



1) Transition your body to isolate your opponent's leg. Keep your hips as close to the opponent's as possible, lock your leg behind his buttocks, and pinch your knees together.

2) Break your opponent's knee with hip pressure, just as in a straight arm bar. You may also place his leg into your armpit to increase the pressure.

Enlarged View



CLINCHFIGHTING-TAKEDOWNS

DROP TO SINGLE LEG

As a fighter achieves the clinch, one of his options could be to take the opponent to the ground. This technique is used to set up various takedowns.



- 1) Achieve a modified seat belt clinch.
- 2) When your opponent steps back with far leg, drop to one knee with your back-side leg. Keep your head up and pushing into your opponent.
- 3) Capture your opponent's heel with your front hand. Wrap your back hand around his leg and secure your own hand at the wrist.
- 4) Drive into your opponent. Raise his leg, and pull it between your legs.

CLINCHFIGHTING-TAKEDOWNS

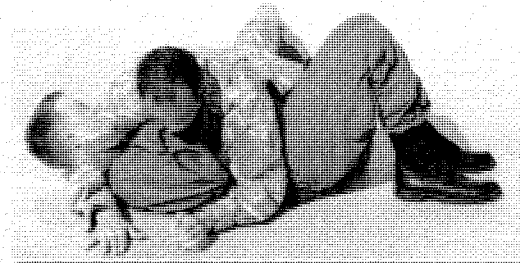
DOUBLE LEG

This technique is used in conjunction with the drop to the single leg. It is executed when the opponent's leg gets trapped between the fighter's legs.



Attack one of your opponent's legs. With the opponent's leg between your legs, pinch your knees together to trap his leg.

1) Jump forward, capturing your opponent's far-side leg with both hands and pulling him to the ground.



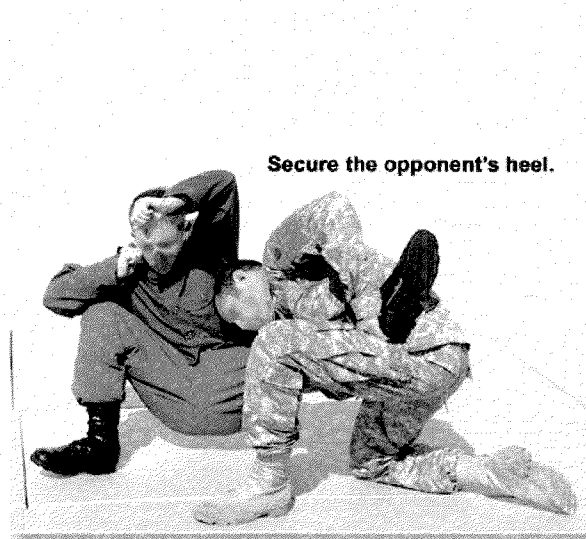
CLINCHFIGHTING-TAKEDOWNS

DUMP

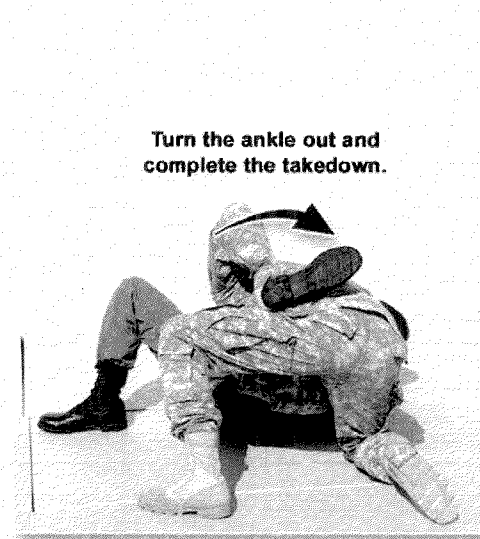
This technique is used in conjunction with the drop to the single leg. It is executed when the opponent's leg is brought up in front of the fighter's body.



1) Attack one of your opponent's legs. Place your shoulder tight against your opponent's thigh and your head on his hip. Secure his heel with your front hand, and cup his leg with your back hand.



2) Take a short step in front of your opponent, and pull his leg with your arm. Then, push his leg with your head while turning his ankle out. Step back, and drop to one knee for the takedown.



CLINCHFIGHTING-TAKEDOWNS

TREE TOP

This technique is used in conjunction with the drop to the single leg. It is executed when the opponent's leg is brought up in front of the fighter's body.



- 1) Attack one of your opponent's legs. Place your head on your opponent's hip. Secure his heel with your front hand, and cup his leg with the back hand.
- 2) Lift your opponent's leg with your knee. Move your rear hand to secure his leg using a thumb grip.
- 3) Pull your opponent's leg away from his body.

Chapter 4

Intermediate Ground Fighting Techniques

CLINCHFIGHTING-TAKEDOWNS

TREE TOP (continued)



- 1) As your opponent hops, lift his leg skyward for the takedown.

Chapter 4

Intermediate Ground Fighting Techniques

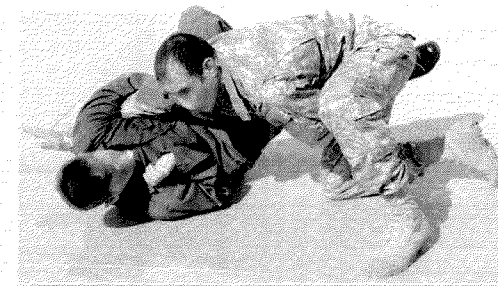
CLINCHFIGHTING-TAKEDOWNS

BLOCK THE FAR KNEE

This technique is used in conjunction with the drop to the single leg. It is executed when the opponent's leg is brought up to the rear of the fighter.



Complete the takedown.



1) Attack one of your opponent's legs. Reach your rear hand around and underneath his leg. Secure a wrestler's grip with your front hand, rear hand on top.

2) Bring your hips in, and block your opponent's far-side knee with your front hand. At the same time, drive your rear arm under your opponent's armpit for the takedown.

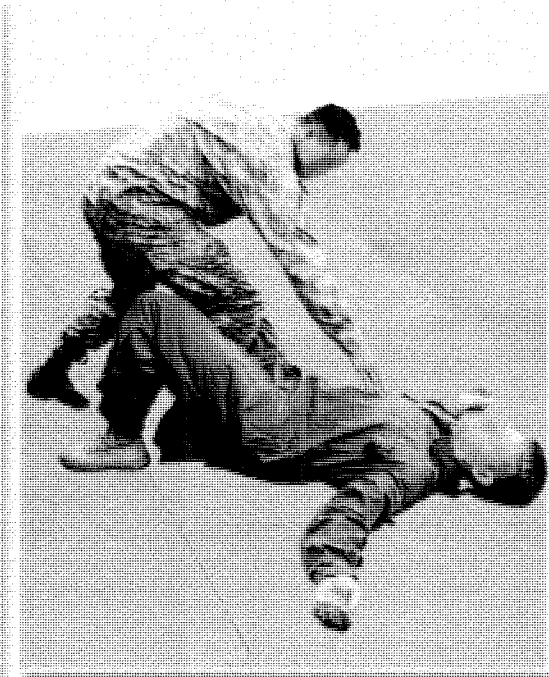
Chapter 4

Intermediate Ground Fighting Techniques

CLINCHFIGHTING-TAKEDOWNS

HOOK THE FOOT

This technique is used in conjunction with the drop to the single leg. It is executed when the opponent's leg is brought up to the rear of the fighter.



1) Reach your rear hand underneath your opponent's leg. Secure a wrestler's grip with your front hand, rear hand on top.

2) Bring your hips in. Step in with your front foot to get closer to your opponent's back leg.

3) Hook behind your opponent's leg for the takedown.

CLINCHFIGHTING-TAKEDOWNS

HIP THROW

Often, an opponent may attempt to avoid the modified seatbelt clinch by stepping away from the fighter. When this occurs, the fighter may perform the hip throw.



1) Your opponent steps back with his near leg, creating a space to step through. Keep a secure hold on his arm, and relax under his hooked arm.

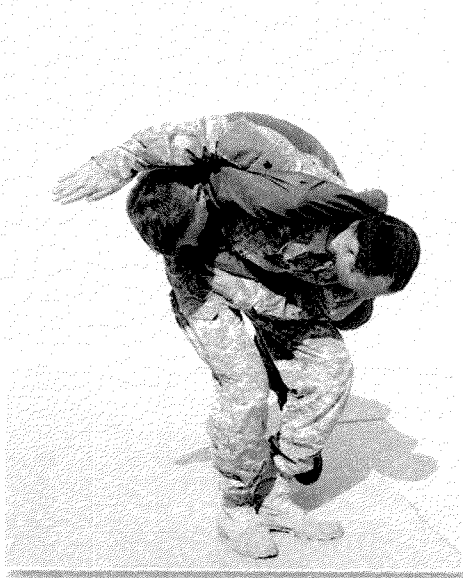
2) Step through the opening with your back foot. Slide your hip through the opening. Move your hooked arm up. Form a V with your heels.

Chapter 4

Intermediate Ground Fighting Techniques

CLINCHFIGHTING-TAKEDOWNS

HIP THROW (continued)

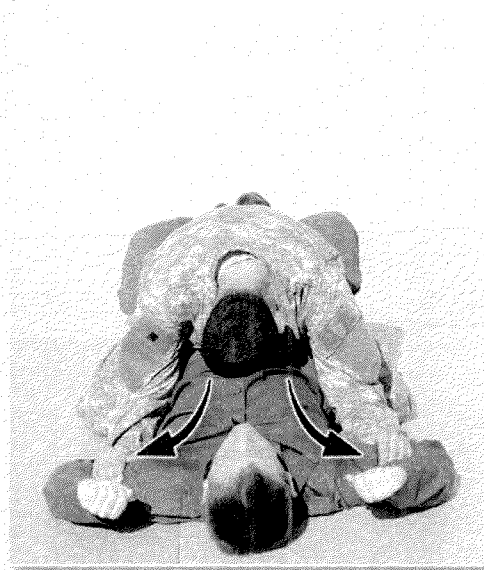


- 1) Lift your hips, extend your legs, rotate your body to throw your opponent.

GRAPPLING WITH STRIKES—PASS THE GUARD

PASS THE GUARD WITH STRIKES

When a fighter is in an opponent's guard, he may find that it is difficult to pass because of the opponent's ability to defend. Strikes are a good way to "soften" the opponent up, or distract him long enough to allow the fighter to pass.



- 1) Keeping your head close to the opponent's chest, drive both hands up the center of his body and then out to control his arms at the biceps.



- 2) Give the opponent a couple of headbutts.

CAUTION
Do not give headbutts with the center of the forehead. This could result in injuring your own nose.



- 3) Stand up one leg at a time, and change your grip to one hand on the jacket. Push your hips slightly forward still maintaining control of the bicep.

Chapter 4

Intermediate Ground Fighting Techniques

GRAPPLING WITH STRIKES—PASS THE GUARD

PASS THE GUARD WITH STRIKES (continued)



4) With your free hand, strike the opponent a couple of times in the head.

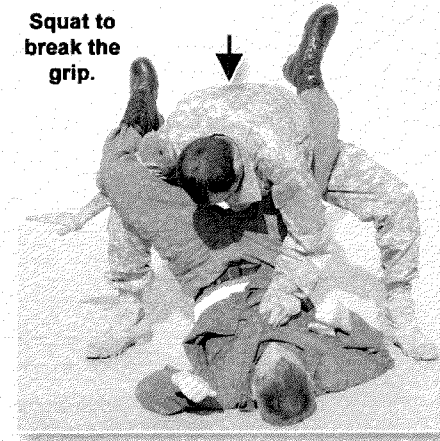
Note. At this point, the opponent may release the grip with his legs. If he does not, refer to the alternate course of action (indicated by ALTERNATE).

5) Press inward with your knees. This will cause your opponent's legs to stick out so that you can reach behind one of them.

5) ALTERNATE. While your opponent is distracted by your strikes, step back with one leg, and push your hand through the opening.

GRAPPLING WITH STRIKES—PASS THE GUARD

PASS THE GUARD WITH STRIKES (continued)



- 6) ALTERNATE. Place your hand on your own knee, and squat to break the grip of his legs. Gain control of the opponent's leg, and pass normally.

GRAPPLING WITH STRIKES—PASS THE GUARD

PASS THE GUARD WITH STRIKES (continued)

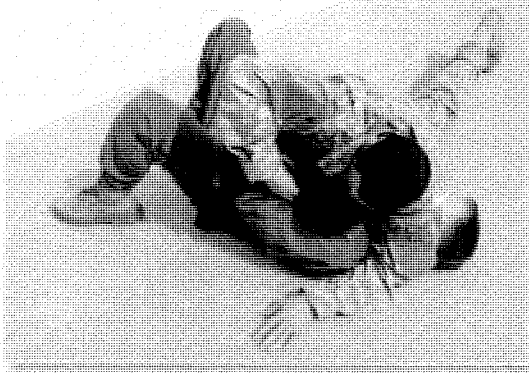


- 7) Secure opposite collar, rotate same-side knee down and rear knee up.
- 8) Pass normally.

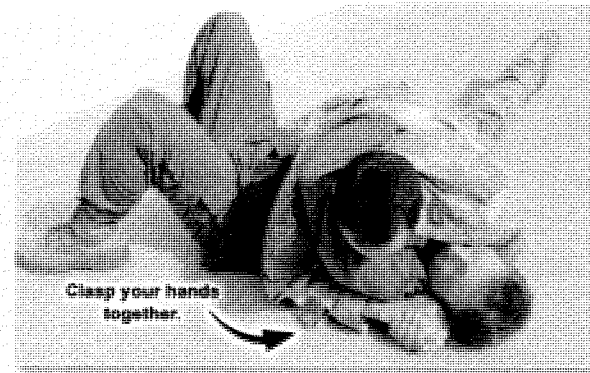
GRAPPLING WITH STRIKES—PASS THE GUARD

STRIKING FROM SIDE CONTROL

Striking from side control enables the fighter to improve his position or create an opening for a better attack.



Slide your hand into the opponent's armpit.

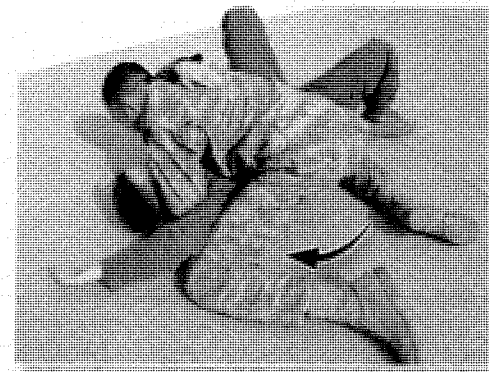


Clasp your hands together.

- 1) Keeping your head low so that the opponent will not be able to knee you in the head, move the hand that is closest to your opponent's legs into his armpit.
- 2) Move your other arm around your opponent's head, and clasp your hands together. Lean your shoulder into his chin to keep it pointed away from you. This will make it more difficult for him to turn his body toward you to regain the guard.



Raise yourself to your knees and push your knees tightly into the opponent's side under his arms.



- 3) Trace your opponent's body with your knee to raise his arm until the arm is pinched between his head and your knee. This clears the way for knee strikes.

GRAPPLING WITH STRIKES—PASS THE GUARD

STRIKING FROM SIDE CONTROL (continued)



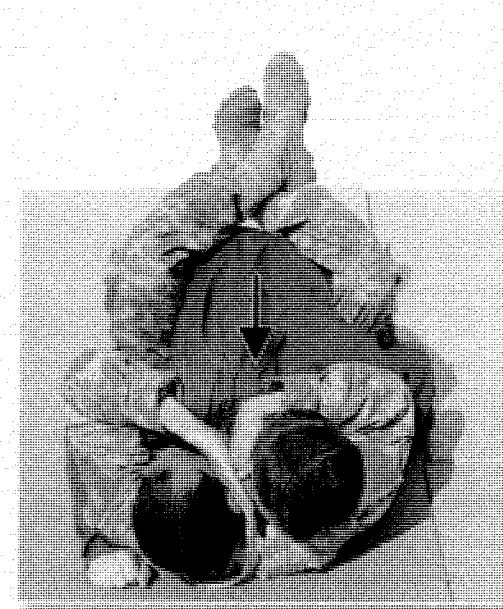
- 1) Point the toes of your other foot skyward, drive your knee into your opponent's ribs.

GRAPPLING WITH STRIKES—PASS THE GUARD

DEFENDING AGAINST STRIKES IN THE GUARD, CLOSE

As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.

Note. Conduct this technique when your opponent attempts to punch from within your guard.



- 1) As the opponent attempts to strike pull him forward with your closed guard while you move your hands through the middle securing around the back of your opponents head.
- 2) Pull your opponent down.

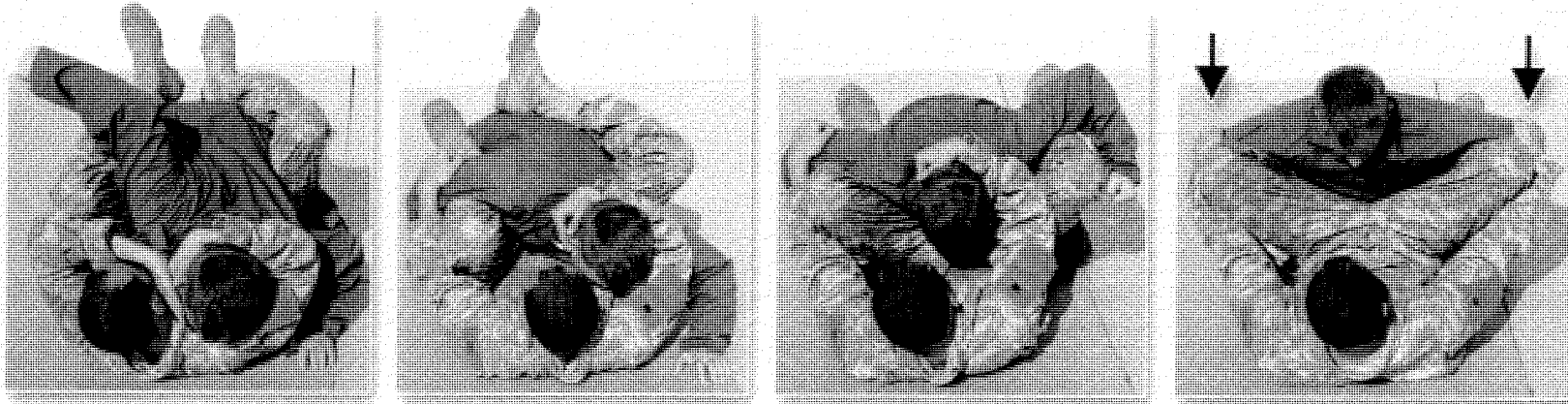
Note. Use one hand to pull, and the other to push his head to avoid headbutts. Tuck your head in. Avoid punches with your elbow.

Chapter 4

Intermediate Ground Fighting Techniques

GRAPPLING WITH STRIKES—PASS THE GUARD

DEFENDING AGAINST STRIKES IN THE GUARD, CLOSE (continued)



- 1) When your opponent begins to attack your ribs, use your elbows to frame their arms, and move your knees under them. Hook your hands over your opponent's upper arms pulling them towards your knees. Point your knees outward to prevent them from bringing their arms back for a strike.

Note. Use your knees to protect against strikes to your ribs and your arms to protect against strikes to your head.

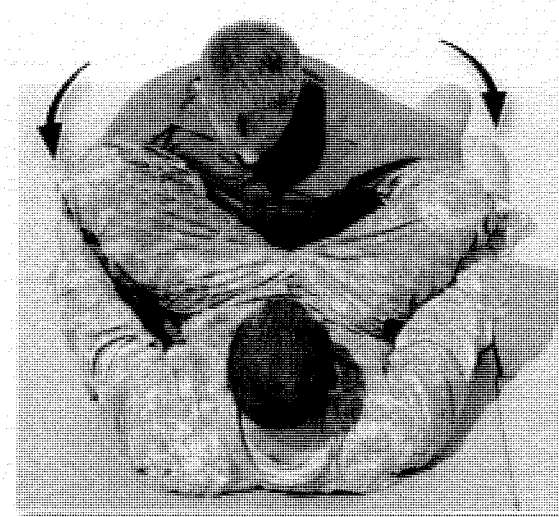
Chapter 4

Intermediate Ground Fighting Techniques

GRAPPLING WITH STRIKES—PASS THE GUARD

DEFENDING AGAINST STRIKES IN THE GUARD, MIDDLE

As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.



- 1) Slide your hands over your opponent's upper arms. Work your feet up to their hips; position your knees in front of their shoulders.
- 2) Hook your hands over your opponent's upper arms to keep them from bringing their arms back for a strike.

Note. Use your knees to defend punches.

Note. If your opponent moves their arms to free them, you must respond to maintain control. If they get an arm loose and is able to prepare for a big strike, lift your hips, and push your same-side knee up to increase the distance. Reach your arm across to cover your face. When they try to land the punch, guide their arm over your knee and resume the controlling position with your hands.

Chapter 4

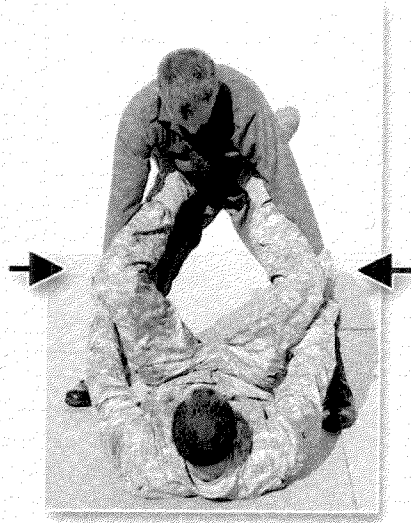
Intermediate Ground Fighting Techniques

GRAPPLING WITH STRIKES—PASS THE GUARD

DEFENDING AGAINST STRIKES IN THE GUARD, FAR

As with standup fighting, the best method to avoid punches is to stay very close to the opponent. Controlling the range is the key.

Note. Conduct this technique when your opponent tries to pull away to stand up.



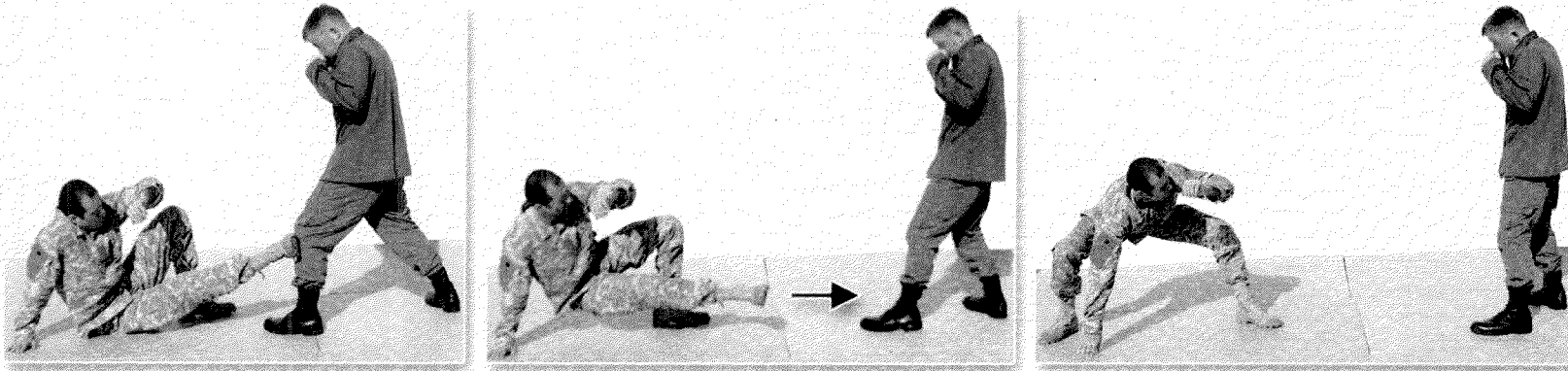
- 1) Transition your grip on your opponent's wrist and place your feet on to their hips to control their posture.
- 2) Kick your opponent's chin driving them off balance and prepare to stand in base.

Chapter 4

Intermediate Ground Fighting Techniques

GRAPPLING WITH STRIKES—PASS THE GUARD

DEFENDING AGAINST STRIKES IN THE GUARD, FAR (continued)

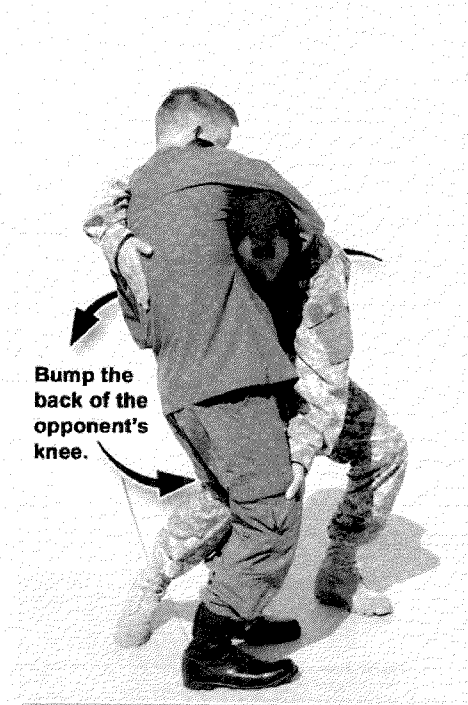


- 1) Sit up with your opponent. Assume a stand in base posture, and kick with your bottom leg to create space.
- 2) Stand in base. Be ready to counterattack.

REGAINING THE INITIATIVE—DEFENSE AGAINST CHOKES

DEFENDING AGAINST THE STANDING GUILLOTINE

While standing, the fighter may find himself in a front head lock position. If he fails to defend this, the opponent may finish the fight here. This technique will allow the fighter to escape any submissions as well as gain dominant body position.

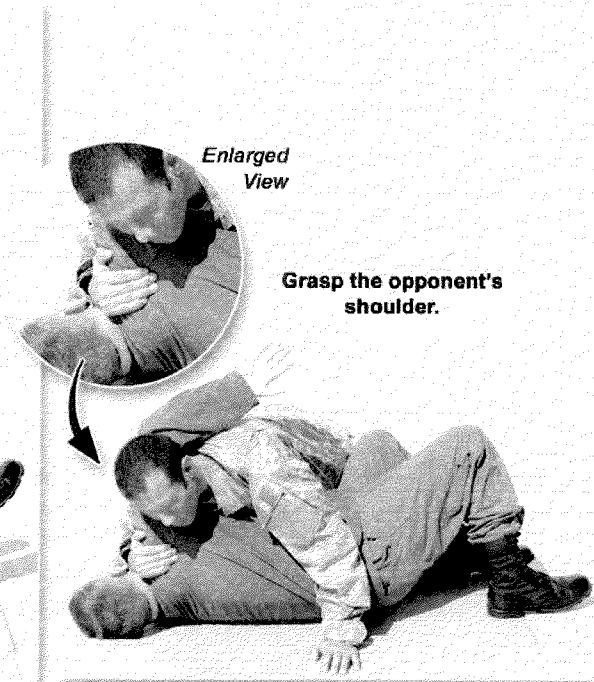
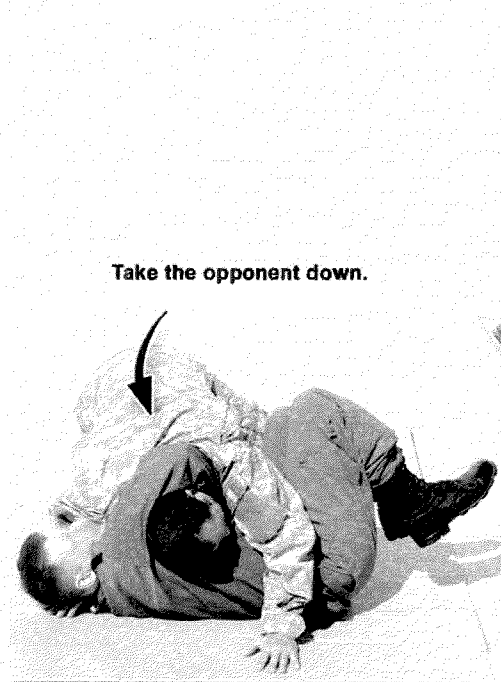


1) Reach over your opponent's opposite shoulder with your arm. Place your opposite hand on your opponent's knee. Relax, and hang as dead weight. If your opponent is taller than you, place your knees on their thigh to support you.

2) As your opponent tries to pick you up to choke you, move to the opposite side of the choke. Break their base by bumping the back of their knee with your knee.

REGAINING THE INITIATIVE—DEFENSE AGAINST CHOKES

DEFENDING AGAINST THE STANDING GUILLOTINE (continued)



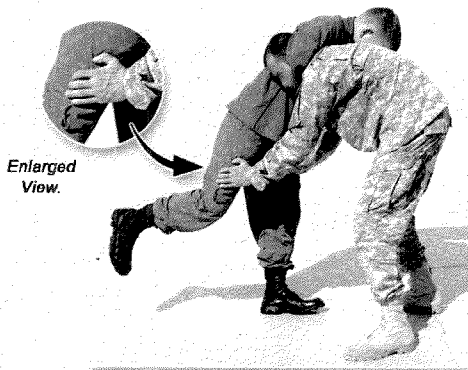
1) Take your opponent to the ground. Ensure that you are in side control as you set them down.

2) With the hand that is closest to your opponent's head, grasp their far-side shoulder. Drive the bony part of your forearm under their chin until you can pull your head free.

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK KNEE STRIKES

When the opponent has secured the guillotine choke, they may attempt to direct knee strikes to your head.



- 1) With both of your arms locked at the elbows and the heels of your hands together, block your opponent's knee strikes just above the knee. Keep your outside leg forward and the other leg back.

- 2) Swing your back leg forward, between your opponent's legs, and sit on your other heel.

WARNING

Keep your thumbs alongside your hands so that they are not broken by the opponent's knee strikes.

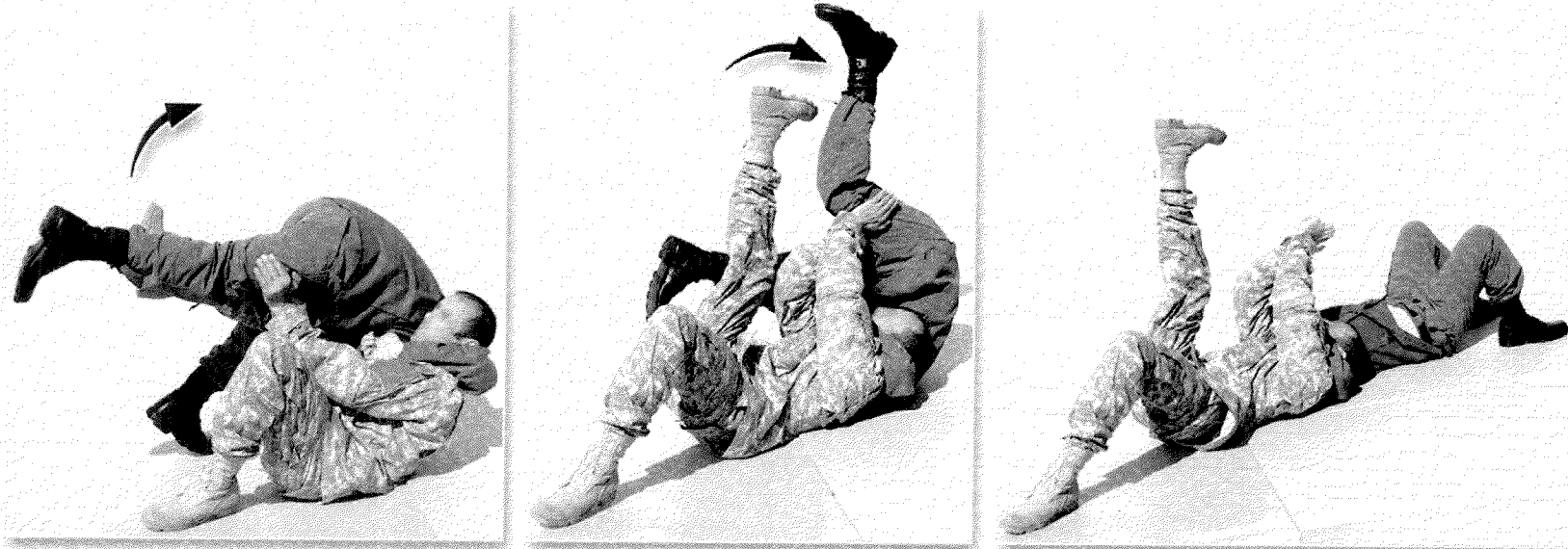
TRAINING INSTRUCTIONS

CAUTION

This technique can be very dangerous to practice. The Soldier assuming the role of the opponent should always keep their outside hand free, allowing them to roll out. Soldiers should be proficient in rolling break-falls; great care must be taken to ensure they know how to properly roll out while practicing these moves.

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK KNEE STRIKES (continued)



1) This dropping action will send your opponent over your head, driving their head into the ground. Work to get to a dominant position.

TRAINING INSTRUCTIONS

CAUTION

This technique can be very dangerous to practice. The Soldier assuming the role of the opponent should always keep their outside hand free, allowing them to roll out. Soldiers should be proficient in rolling break-falls; great care must be taken to ensure they know how to properly roll out while practicing these moves.

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK, STEP IN FRONT

When an opponent has control of a fighter's head, he will normally try to hold on with both hands. The fighter should attempt to move around the front to perform defense against the standing headlock, step in front.



- 1) To block a potential knee strike, place the heel of one hand just above the opposite side knee. Reach your other hand around your opponent's back, and secure a grip on their far-side hipbone.
- 2) Step slightly in front of your opponent.

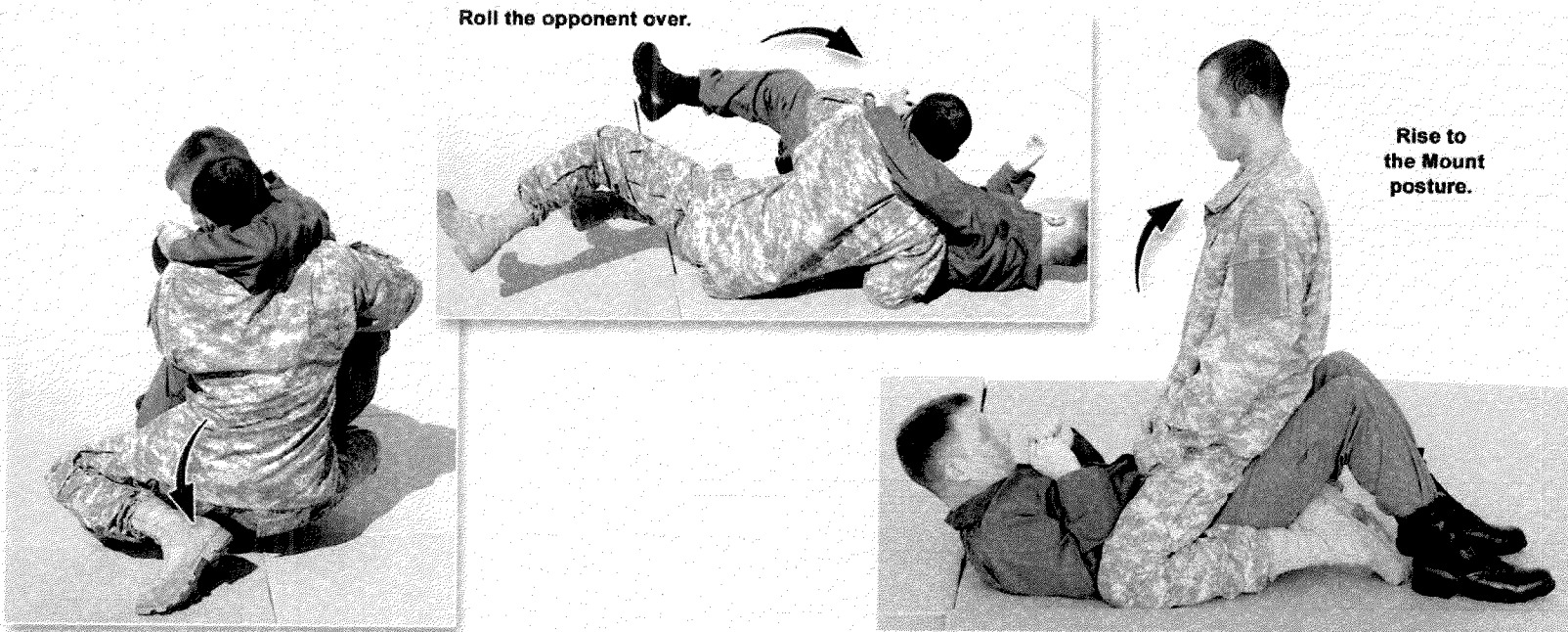
Note. Keep your legs back so that your opponent cannot get their hips under you.

Chapter 4

Intermediate Ground Fighting Techniques

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK, STEP IN FRONT (continued)



1) With your outside foot, step between your opponent's legs, and sit down on your heel. Spin simultaneously. As you drop between their legs, pull them with the hand that was on their hip.

2) Your opponent will fall over you.

3) Roll, and achieve good posture in the mount.

Note. Tuck your elbow to avoid landing on it.

REGAINING THE INITIATIVE—DEFENSE AGAINST THE STANDING HEADLOCK

DEFENSE AGAINST THE STANDING HEADLOCK, STEP BEHIND

When an opponent has control of a fighter's head, he will normally try to hold on with both hands. The fighter should attempt to move around the front, but if they is unable, they should perform defense against the standing headlock, step behind.



Step behind the opponent.



Grasp behind the opponent's leg.



- 1) As you try to step around, your opponent turns away.
- 2) Grasp behind your opponent's leg on the side your head is on, and step beside their foot with your same-side foot.
- 3) Move your other foot between your opponent's legs.



- 4) Sit on the heel of your outside leg, throwing your opponent backward.
- 5) Roll, and achieve good posture in side control.

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES

The primary purpose of securing a person with flex cuffs is to keep you and your teammates safe. Using these techniques, you will be able to control the detainee at all times applying them as a single person.

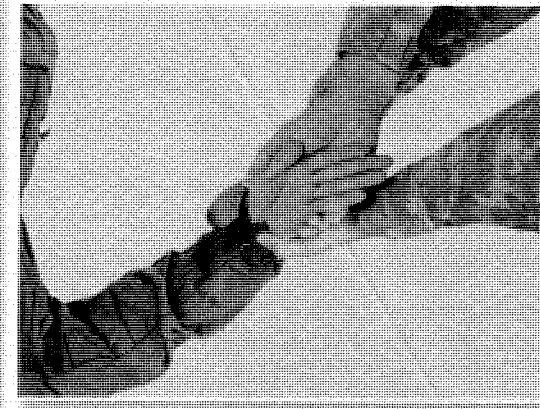


- 1) Ensure there is security on the detainee and approach at a 45-degree angle from the front or rear.
- 2) With security in place, and the detainee arms raised, secure the person with both hands. One on their forearm with a thumb grip with the thumb down, and the other hand in a thumb grip at the elbow with thumb up.
- 3) Slide the forearm hand down to the palm and squeeze the pinky and thumb of the detainee together while simultaneously rotating the hand near their elbow around and adding pressure to the elbow joint. Keep the arm tight against your hip.

Note. Statistics state that 90 percent of personnel will be right handed.

INTERMEDIATE DETAINEE PROCEDURES

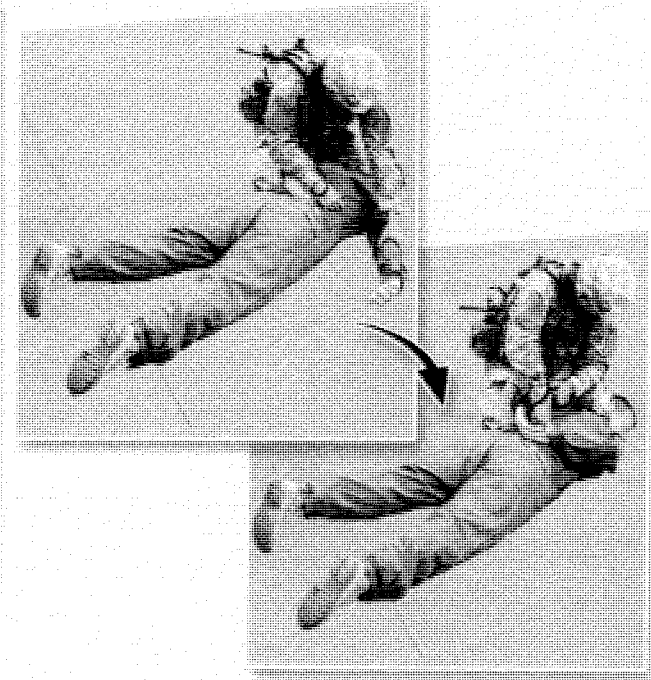
SINGLE-MAN CUFFING TECHNIQUES (continued).



- 4) Pivot your foot that is farthest from the detainee and put downward pressure on their elbow, forcing the detainee to the ground.
- 5) While holding on to the arm still, take a step back pulling the detainee to clear the far side arm from their body so you can visually clear it. Check for weapons.
- 6) Stand perpendicular to the detainee so that their arm is centered on you. Exchange your hand grip by sliding the hand controlling the elbow down to detainee's palm. Switch your hands by sliding your free hand between the back of the detainee's hand and your palm, using the 3 Palms Up method.

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (continued).



- 1) Simultaneously slide your head side arm down keeping pressure guiding their arm to the near side hip while going to the "Catchers Stance" (Shins on the back of their head and back with the arm in-between your knees while staying on your toes) while still pinching their palm together.
- 2) At this point the arm is trapped between the knees, you can release and secure the far side arm and bring it to their lower back. Apply the flex cuff to the far side wrist first and switch hand grips to maintain control. With the hip side arm secure the arm trapped between the knees and feed it through the other side of the flex cuff.
- 3) After the detainee is flex cuffed conduct thorough search.

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (WALL VARIANT)

When you are near a wall or structure to place the compliant detainee against, there is no need to place them on the ground.

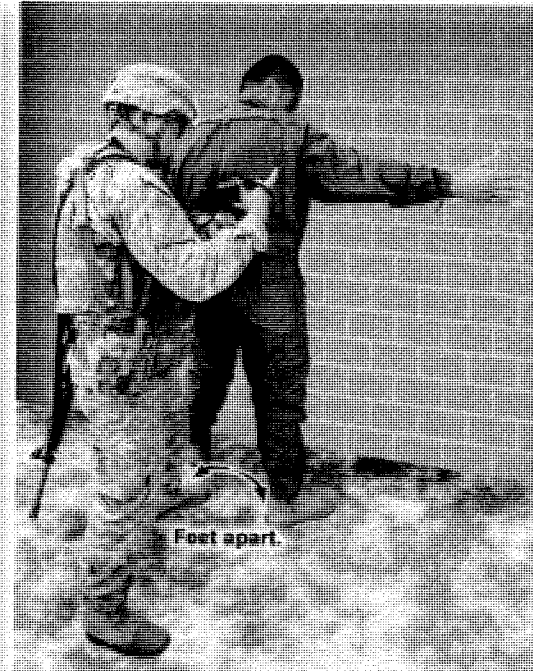


- 1) Ensure there is security on the detainee and approach at a 45-degree angle from the front or rear.

Note. Statistics state that 90 percent of personal will be right handed.
- 2) With security in place, and the detainee's arms raised, secure the person with both hands. One on their forearm with a Thumb Grip with the thumb down, and the other hand in a Thumb Grip at the elbow with thumb up.
- 3) Slide the forearm hand down to the palm and squeeze the pinky and thumb of the detainee together while simultaneously rotating the hand near their elbow around and adding pressure to the elbow joint. Keep the arm tight against your hip.

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (WALL VARIANT) (continued).



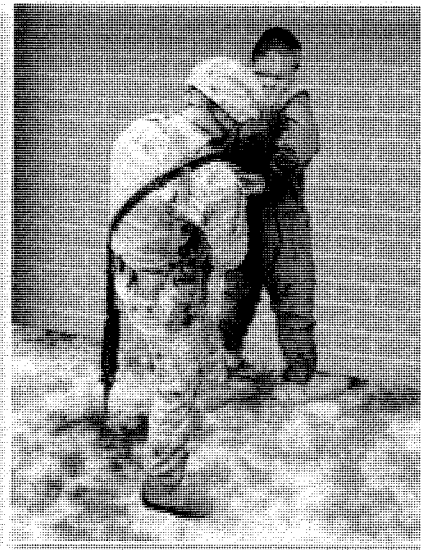
1) Pivot your foot that is farthest from the detainee and put downward pressure on their elbow, turning them towards the wall chest first. Pull them away from their far side arm so that you can visually clear it.

2) With their chest against the wall bring the secured arm to their lower back while still squeezing their pinky finger and thumb together. Step in-between their legs with one of yours and apply hip pressure.

3) Secure the far side arm at the elbow and kick their feet out to the side. This will keep them off balance.

INTERMEDIATE DETAINEE PROCEDURES

SINGLE-MAN CUFFING TECHNIQUES (WALL VARIANT) (continued).



4) While hipping in, slide your hand down the far side arm and secure the hand by squeezing the thumb and pinky together and bring their far side arm to the middle of the back.

5) Use one hand to squeeze their fingers together and apply the flex cuffs to their wrists.

6) After the detainee is flex cuffed do a thorough search.

Note. If the detainee becomes hostile at any point, block any strike with the free arm and move to their back. If you are unsuccessful at securing the arm, you can go to any clinch position and attempt a takedown.

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN



- 1) With two Soldiers, maintain approach the detainee at 45-degree angles.

Chapter 4

Intermediate Ground Fighting Techniques

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN (continued)



- 2) Soldier 1 achieves control of the detainee's arm.
- 3) Soldier 2 approaches the detainee and performs the same actions.

- 4) Both Soldiers place their foot closest to the detainee across their feet.

Note. Two-man cuffing may be needed when the detainee is non-hostile, yet non-compliant.

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN (continued)



- 5) Both Soldiers simultaneously extend the detainee's arm and push the detainee forward to a kneeling position then laying belly down on the ground (Pivot for Soldier may be needed.)
- 6) Decide which Soldier will take the top. The top man will proceed with three palms up method

- 7) Bottom, bottom side Soldier will secure the detainee's feet (at ankle region).

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES FRONT TAKEDOWN (continued)



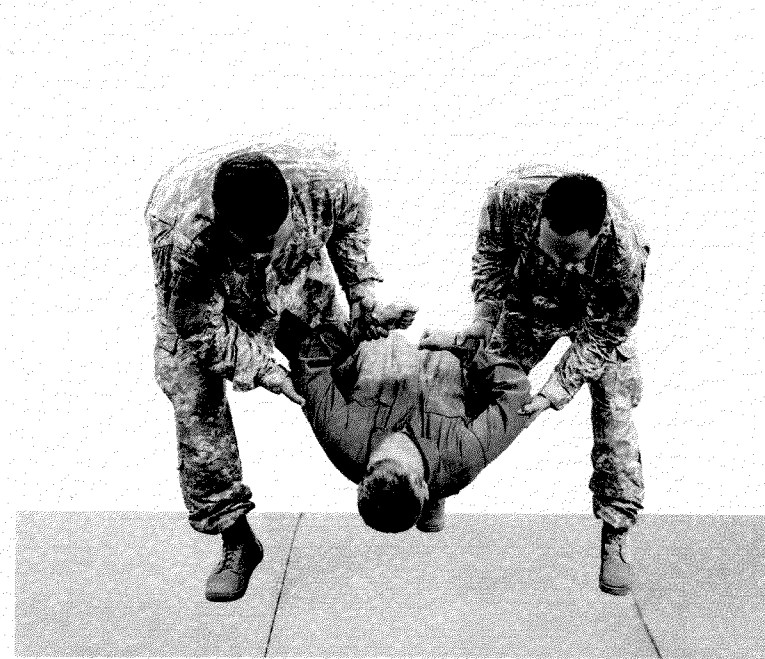
- 8) The bottom side Soldier will figure four the detainee's legs and post their knee on the detainee's toe region.

Chapter 4

Intermediate Ground Fighting Techniques

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES REAR TAKEDOWN



1) After securing detainee's arms ,detainee becomes resistant and attempts to forcefully pull arms inwards rather than trying to keep detainee's arms extended you pivot forward now facing the detainee and pin both of detainee's wrist to their chest while flaring their elbows out you then simultaneously step behind the detainee with your inside foot .

2) Push forward and trip out the detainee's legs.

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES REAR TAKEDOWN (continued)



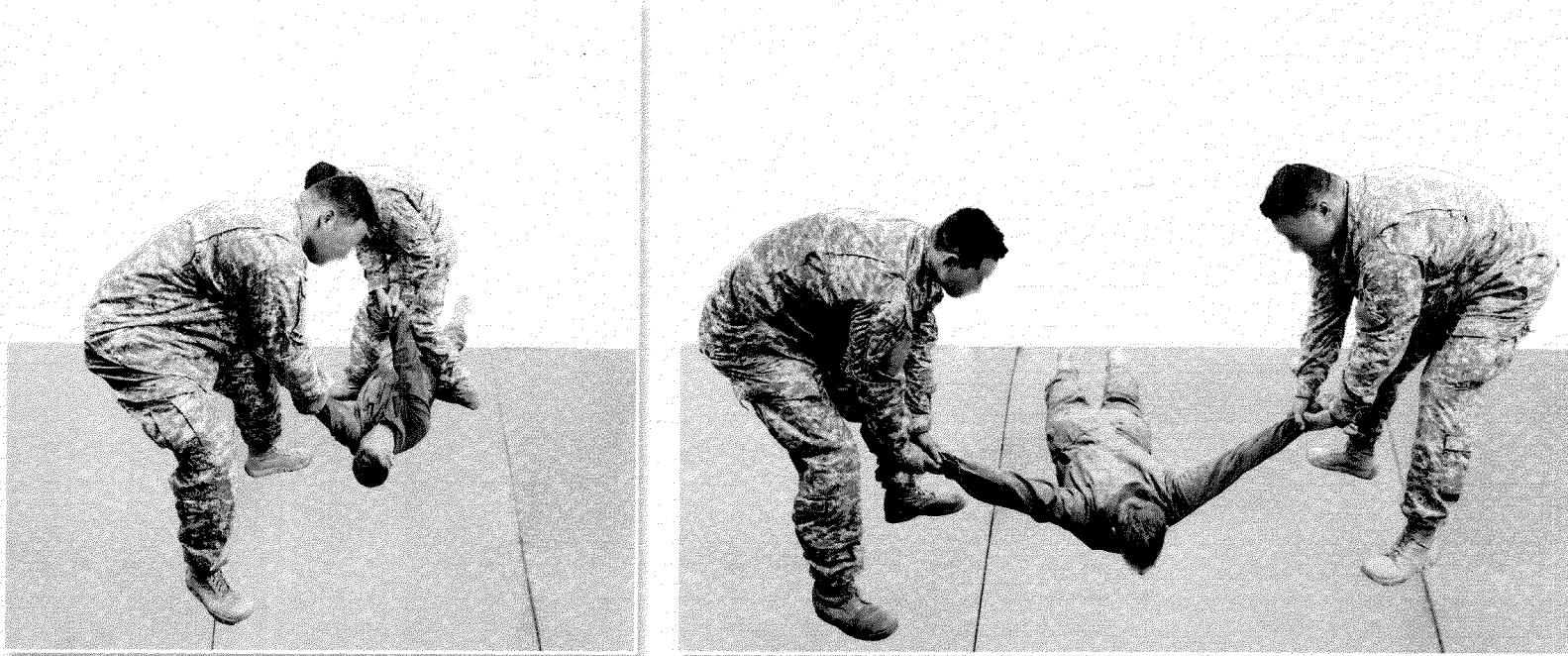
3) Communicate who is top Soldier and who is bottom Soldier.

Chapter 4

Intermediate Ground Fighting Techniques

INTERMEDIATE DETAINEE PROCEDURES

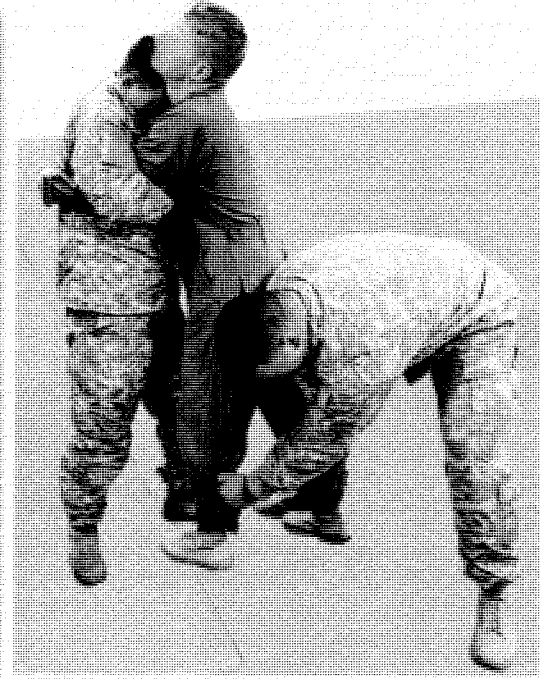
TWO-MAN CUFFING TECHNIQUES REAR TAKEDOWN (continued)



- 4) Bottom Soldier will keep the detainees arm and step over the detainee's body. The top Soldier will pull the detainee's arm over his own head Roll the detainee over to his stomach maintaining control of his hands.
- 5) Proceed to two-man cuffing procedures.

INTERMEDIATE DETAINEE PROCEDURES

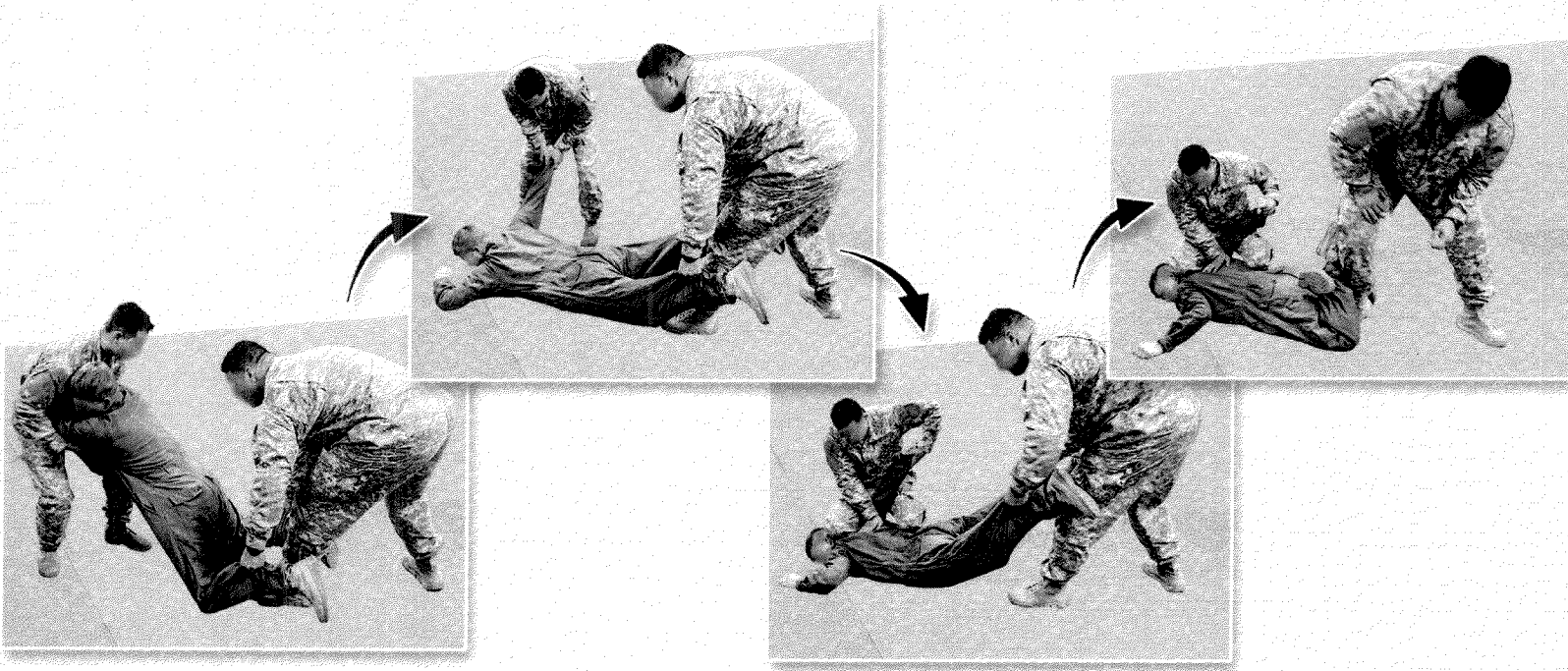
TWO-MAN CUFFING TECHNIQUES WHEELBARROW



- 1) Detainee clinches and achieves double underhooks with Soldier 1. Soldier secures detainee with double overhooks and drives their head under detainee's chin to prevent detainee from breaking Soldier's posture, immediately rotating detainee's back toward nearest supporting element, supporting element (Soldier 2) moves into position to secure the detainee at the ankles

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES WHEELBARROW



- 1) Soldier 1 maintains control of detainee's upper body (option: single hand inside control).
- 2) Soldier 2 pulls detainee's legs out collapsing detainee to the ground and maintains control of detainee's ankle region.
- 3) Soldier 2 lifts the detainee's legs to wheel barrel position, Soldier 1 guide's detainee's head to the ground while then transitioning to the catcher position and proceeds to cuffing procedures

INTERMEDIATE DETAINEE PROCEDURES

TWO-MAN CUFFING TECHNIQUES WHEELBARROW (continued)



5) Proceed to cuff the detainee.

INTERMEDIATE DETAINEE PROCEDURES

DETAINEE ESCORT

Once you have the detainee secured in flex cuffs, you will need to safely get him on his feet so that you can transport him.



- 1) Reach across detainees back securing the farside arm with an underhook grip, then with other hand, reach behind his head and secure detainees chin ensuring finger are clear of his mouth to avoid being bit.
- 2) Now rotate him up using the underhook and chinstrap, while maintaining forward pressure with your knees against his back.
- 3) Use the chinstrap arm to pull the same side foot inward forcing his leg to bend at the knee, and ensure the other leg is straight.

INTERMEDIATE DETAINEE PROCEDURES

DETAINEE ESCORT (continued)



- 4) Use the same arm to secure the far side of the chin ensuring fingers are away from the mouth, pull on the head so that your forearm is lined up on his spine.
- 5) Pulling on his chin and lifting with the under hooked arm, rock him gently back and forth to build momentum. Once you have the moment, pull him to his feet.

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (DOOR)

With the proper security in place the Soldier approaches the vehicle from behind the halfway point of the wheel using extreme caution. The Soldiers uses three types of communication skills, hand and arm signals, verbal, and if possible an interpreter. This will give the suspect clear concise instruction to follow and the safe removal of the individual.



- 1) Security will be posted as per your unit SOP.
- 2) The Soldier will approach the driver side door visually scanning the passenger side door looking for the door locks and door latches.
- 3) Soldier will verbally and visually instruct the driver to turn off the vehicle and place both hands on the steering wheel.

INTERMEDIATE DETAINEE PROCEDURES

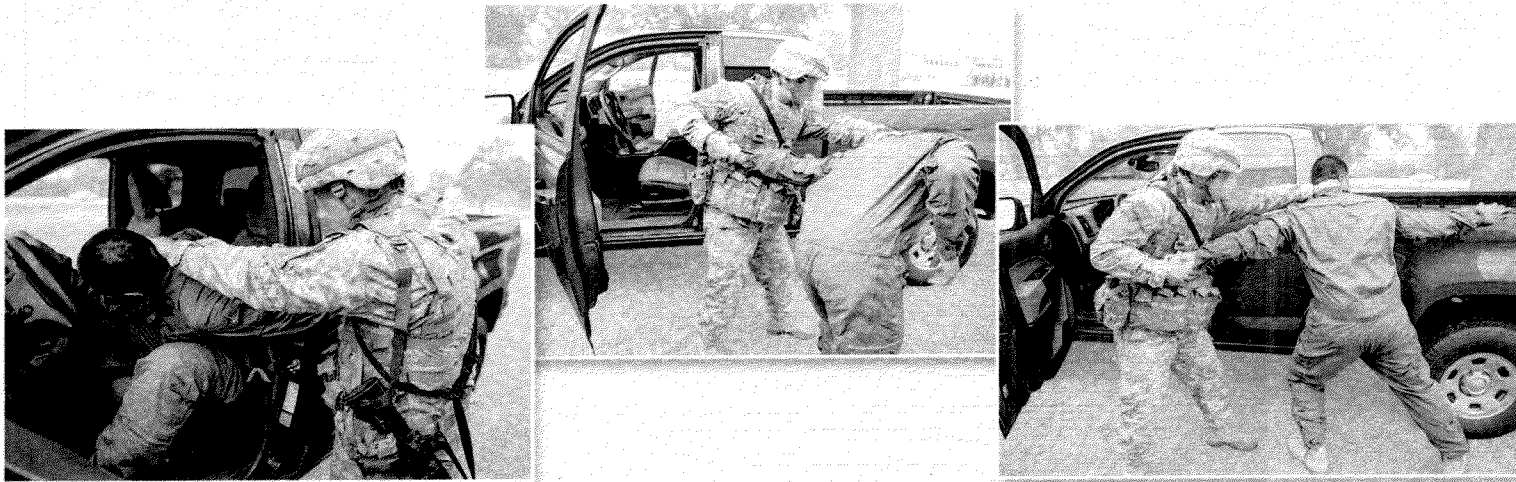
VEHICLE EXTRACTION (DOOR) (continued)



- 1) After the Soldier assesses the passenger side door to unlock and open the driver door. The Soldier cautiously opens the door. After visually accessing the open door soldier slings his weapon after confirming security is in place. Soldier then approaches in a good defensive posture keeping his hands up.
- 2) The Soldier grasps driver's hand closest to him which is posted on the steering wheel securing driver's grip ensuring it cannot be released.
- 3) Peel the driver's hand off the steering wheel and guide the hand to place the driver's triceps on the door jamb.

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (DOOR) (continued)



- 1) Keeping the arm straight as possible and a thumb grip guide the arm to the door jamb while applying pressure with your hip, with the opposite arm reach behind the drivers head grasping the drivers jaw on the far side.
- 2) Maintaining firm and steady pressure on the drivers arm with your hip and hand, pull on the driver's jaw guiding the driver out of the vehicle.

Note. The Soldier must use escalation of force when engaging the occupants of the vehicle.

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (WINDOW)

In this scenario the driver may or may not have a seatbelt on. The Soldiers also notices the door does not open. The Soldier will have no choice but to extract the driver through the window.



- 1) Security will be posted at the center of the wheel well on the passenger side of the vehicle.
- 2) The Soldier will approach the driver side door visually scanning the passenger side door looking for the door locks and door latches.
- 3) Soldier will verbally and visually instruct the driver to turn off the vehicle and place both hands on the steering wheel.

INTERMEDIATE DETAINEE PROCEDURES

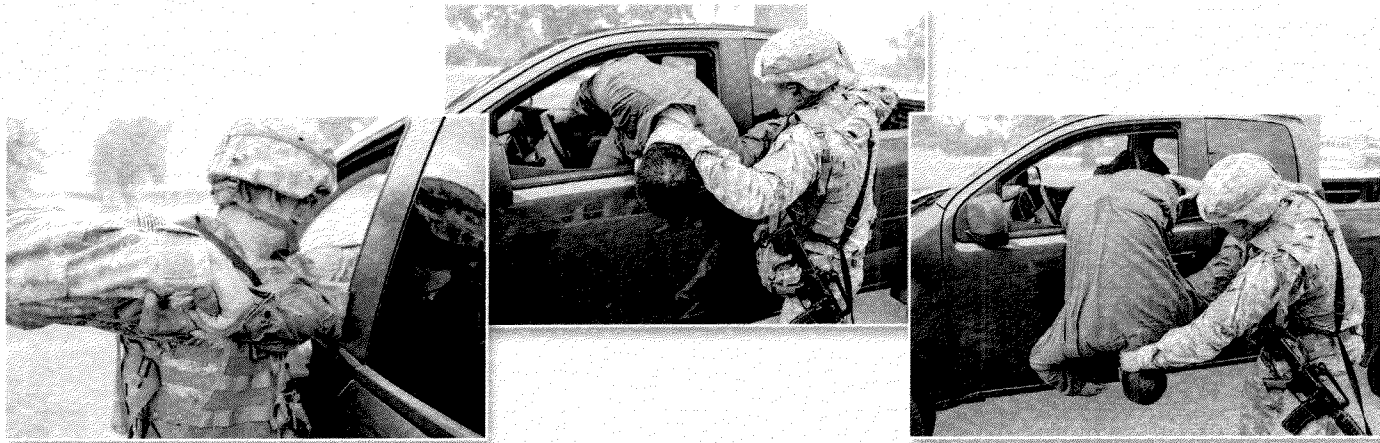
VEHICLE EXTRACTION (WINDOW)



- 1) After the Soldier assesses the passenger side door to unlock and open the driver door. The Soldier cautiously attempts to open the door. The Soldier now notices that the door does not open.
- 2) The Soldier reaches for the driver's hand from the hand closes to the window opening. With the opposite hand palm push the driver's jaw turning the head away from you reaching for the seatbelt if needed to unlatch the belt.

INTERMEDIATE DETAINEE PROCEDURES

VEHICLE EXTRACTION (WINDOW) (continued)



- 4) Peel the driver's hand off the steering wheel and guide the hand to place the driver's triceps on the door jamb.

Note. You may have to release the pressure at the jaw to pass the driver's arm safely to the door jamb.

- 5) Keeping the arm straight as possible and guide the arm to the window seal of the door apply pressure with your hip, with the opposite arm reach behind the drivers head grasping the driver's jaw on the far side.

- 6) Pushing on the drivers arm with your hip and hand, pull on the driver's jaw guiding the driver out of the window of the vehicle.

Note. The Soldier must use escalation of force when engaging the occupants of the vehicle. The individual will have no control as he exits the vehicle. Be mindful of your surroundings to not cause any further injury to the suspect.

This page intentionally left blank.

Chapter 5

Advanced Ground Fighting Techniques

For Soldiers and units to meet divergent missions across the spectrum of force, the Army Combatives System must be adaptive and flexible, stressing how to train, not specifically what to know. The advanced techniques in this chapter should serve as a blueprint for advanced training that meets the demands of specific missions, while staying grounded in common techniques and training principles.

ADVANCED GROUND FIGHTING TECHNIQUES

5-1. Although the fighter will always revert to learned techniques, increased skill will bring new techniques and positions based on the fighter's feel for his opponent's body. Advanced ground-fighting techniques develop a fighter's sense of movement and understanding of kinesthetic relationships.

ADVANCED BODY POSITIONING MOVES

5-2. When the fighter has mastered the basic and intermediate techniques, he can progress to more advanced methods of attack and defense.

SIDE CONTROL ESCAPES

5-3. One of the easiest ways to distinguish between a beginner and an experienced grappler is what the fighter does when his opponent has assumed side control. The beginner grappler will frequently stop in the bottom position, waiting for his opponent's next move. Although the experienced fighter might take a passive approach when fatigue is becoming a factor, he will more often take action and attempt to improve his position, no matter what the positional relationship. Side control escapes allow the fighter to remove himself from side control, so that he may place himself in a more advantageous position.

- 5-4. Advanced side control escapes include—
- Opponent has standard side control.
 - Opponent has near-side hip control.
 - Opponent has head and far arm underhooked.
 - Opponent has both hands in near-side control.

NORTH/SOUTH ESCAPES

5-5. The North/South position is not common, but a fighter may find himself there; therefore, it is important for him to know how to escape the position.

- 5-6. North/South escapes include—
- Opponent rested on forearms.
 - Opponent has both elbows in armpits.

ADVANCED FINISHING MOVES

5-7. The techniques of both the basic and intermediate finishing moves are designed to give a fighter an understanding of not only the ways a human body can be disabled, but more importantly when those types of attacks can be effectively employed. The more advanced techniques shown in this chapter require a more developed sense of position and the ability to dominate the fight even before they are attempted.

KNEE MOUNT

5-8. The knee mount is a very useful dominant position in most combat situations. This position allows you control over your opponent, while maintaining some distance and the freedom to either move away from him or employ either weapons or restraining devices. Once the knee mount has been introduced, its use should be encouraged.

- 5-9. Advanced knee mount positions include—
- Far-side arm bar.
 - Paper cutter from modified knee mount to belly scarf hold.

Chapter 5

FROM GUARD

5-10. During a fight, a fighter may find himself on his back. While this is not the most desirable position, the fighter has several options; he can fend off strikes or finish the fight with submissions. These submissions include reverse arm bar with leg.

CHAIN ATTACKS

5-11. As a Soldier becomes a more proficient fighter, he learns to chain his attacks together. For example, a fighter might chain the following attacks together:

- Hip heist sweep.
- Reverse bent arm bar.
- Guillotine choke.

5-12. Another chain attack includes—

- Straight arm bar.
- Reverse arm bar with leg.
- Triangle choke.

5-13. Of the dominant body positions, the guard provides the most opportunities for chain attacks.

Note. Chain attacks can include basic, intermediate, and advanced techniques.

LEG ATTACKS

5-14. This section covers advanced leg attacks. These techniques are taught as a way to change the fighter's position into a submission. Although the techniques are advanced, they still present the same amount of hazard as attacks learned at the lower levels and the same amount of caution should still be adhered.

5-15. Advanced leg attacks include Achilles lock defense.

STRIKING SKILLS

5-16. The keys to developing effective striking skills are understanding range, knowing what techniques are effective at that range, and controlling

Advanced Ground Fighting Techniques

the transition between ranges. This section describes various strikes and addresses the ranges from which they are effective.

MOVEMENT

5-17. The first step in learning to use striking skills effectively is to build a good foundation of movement. A Soldier must be able to maintain a good striking platform by keeping his stance and posture during movement. To do this he must employ effective footwork.

5-18. Movement techniques include—

- Basic footwork.
- The Weight shift drill.

ARM STRIKES

5-19. Arm strikes or boxing skills are the fundamental striking techniques. The most efficient method to becoming a proficient striker is to begin with boxing-type attacks.

CAUTION

Open hand strikes should be directed at appropriate targets such as the opponent's head.

Closed fist strikes should be practiced using hand protection and controlled force. Failure to do so can lead to injury.

5-20. Fighters must know how to defend against the following strikes:

- Jab.
- Cross.
- Hook.
- Uppercut.

Note. See appendix B for defensive boxing combinations.

Chapter 5

ATTACK

5-21. The strikes in this section are presented individually at first and should be practiced that way at first to insure proper form. There are many effective arm strikes but the fundamentals are the jab, cross, hook, and uppercut. These should be mastered before moving on to more advanced strikes. Remember that when learning each of the following strikes that the primary defense is the proper execution of not only the strike but keeping a good guard and correct movement.

5-22. Arm strikes include—

- Jab.
- Cross.
- Hook.
- Uppercut.

Note. See appendix B for the five basic boxing combinations.

DEFENSE

5-23. It is important to remember that when you are attempting to strike your opponent, he will be attempting to strike you. Defensive skills must be an integral part of any striking training.

KICKS

5-24. Because they do not require the use of the fighter's hands, kicks can be very useful in attacking an enemy. Kicks generate more power and have more range than punches.

ATTACK

5-25. Kickboxing integrates the use of legs and arms to defeat an opponent.

5-26. Kicks include—

- Round kick.
- Switch kick.
- Push kick (Teep).

Advanced Ground Fighting Techniques

Note. See appendix B for kickboxing combinations.

DEFENSE

5-27. The first defense to any strike thrown by an opponent is to evade the punch or kick. The ability to evade a kick depends on the experience of the fighter, and the speed and the range of the fight when the kick is thrown. To include what motion the body is in at the time the opponent throws the kick.

5-28. Kick defenses include—

- Evading a kick.
- Beating a kick align.
- Stopping a kick.
- Catching a kick.
- Checking a kick.

READING AN OPPONENT'S MOVES

5-29. Fighters become acquainted with defending strikes by learning to read the body language, or what their opponent looks like, when strikes are being thrown at them. Fighters can be trained to read body language by pairing up with other training partners and conduct situational sparring at a slow controlled speed. Both fighters must wear hard shin and instep pads to control the risk of injury in addition to their standard combatives uniform.

5-30. Training partners should take turns throwing slow, controlled kicks at their opponent's legs and ribs, allowing them to learn how to evade, destroy, and catch the kicks.

Note. This training should be followed by having one fighter to don boxing gloves, and the other fighter focus mitts. During this training, the mitt holder throws slow, controlled kicks at their training partners, allowing them to learn how to beat and check the kicks followed by punches.

5-31. Clinch fighting covers all aspects of the clinch range. The clinch range falls within the four ranges of fighting but is still the least aspect trained. This section will show you takedowns, counters, throws and even strikes that a fighter can use in the clinch range.

Chapter 5

BREAK-FALLS

5-32. After initial training on break-falls has been conducted, it must be followed up with refresher break-fall training before training on throws and takedowns.

5-33. Break-falls include forward rolling break-fall.

Note. These exercises should be practiced during warm-up exercises.

THROW TAKEDOWN TECHNIQUES

5-34. When used as part of stand up grappling, throws can be a highly effective means of taking the fight to the ground and gaining a dominant body position. When applied forcefully some throws can be used to stun or injure opponents.

5-35. Throw takedowns include—

- Hip throw.
- Arch and turn.
- Uchi mata
- Harai

LEG ATTACKS

5-36. By changing his level and aggressively driving through his opponent, the fighter can attack his opponent's legs and effectively take him down.

DOUBLE LEG ATTACKS

5-37. The fundamental technique for attacking the legs is the double leg takedown. This technique gives the fighter more control of his opponent's legs than a single leg attack.

5-38. There are several ways to finish depending on the opponent's actions, but the initial attack is the same.

5-39. Double leg attacks include—

- Double leg(blast /turn)
- Trip(outside leg)
- Standing double leg(spear).

Advanced Ground Fighting Techniques

SINGLE LEG ATTACKS

5-40. Whereas in the double leg takedown, the objective is to drive through your opponent with your head on the outside, in a single leg attack the objective is to gain control of one of his legs and then use that control to compromise his balance.

5-41. Single leg attacks include snatch.

DEFENSE

5-42. Although a takedown may start from the striking range as well as the clinch range, the defense for it will always be in the clinch. These defenses will allow the fighter to stop, defend, and even gain a dominant body position off of the opponents attempt to take the fighter down.

5-43. Advanced defenses include—

- Sprawl.
- Cross-face.
- Quarter Nelson.
- Shoulder pressure roll to the rear mount.(Poisons' Tree frog)

ADVANCED CLINCH POSITIONS

5-44. Beyond the basic controlling positions of the underhook and overhook, there are clinching positions that are specifically designed to give you a more controlling position for striking. Learning how to dominate an opponent using various movement techniques is just as important while fighting in the clinch as they are for ground grappling. Understanding the clinch positions is the key to having the sense of objective which allows you to fight effectively and improvise even when your technical repertoire is limited. Dominance in the clinch is what allows a fighter to dictate at what range and with what skills the fight will be fought.

5-45. Advanced clinch positions include—

- Inside control.
- Neck and biceps.
- 50/50.
- Double Underhooks.
- Front headlock.

Chapter 5

PUMMELING

5-46. Pummeling is fighting for dominant clinch position. After a fighter understands the dominant clinch positions and therefore knows what he is fighting for, he can then usefully learn techniques to gain those positions and then drills to help gain skills.

5-47. Pummeling includes—

- 50/50 pummeling.
- Modified seatbelt counter.
- Changing sides.
- Outside to inside wedge.
- Over to under lever.
- Under to over lever.
- Push the elbow inward.
- Double elbow lift.
- Counter to inside control.

KNEE STRIKES

5-48. While fighting in the clinch, a fighter's hands may get tied up fighting for a position. If this should happen, the fighter can use knee strikes to injure his opponent.

ATTACK

5-49. Highly effective and often under-used, when properly trained, knee strikes can be used to hurt, break ribs, and render an opponent unconscious.

5-50. Knee strikes include—

- Long knee.
- Up knee.
- Round knee.

Advanced Ground Fighting Techniques

DEFENSE

5-51. When in the clinch position, the opponent has the same opportunities to throw knees as the fighter does. In return the fighter doesn't only have to defend the strikes but may use simple movements to get the opponent off balance. This section will teach you multiple techniques that you can use depending on the position that you are in and what type of knee your opponent throws at you.

5-52. Knee strike defenses include—

- Hip check.
- Pull toward the knee.
- Pull away from the knee.
- Hand check.
- Knee lift and grab.
- Tilt the head.

THROWS AND TAKEDOWNS AGAINST KNEE STRIKES

5-53. The last section covered techniques that the fighter can use to get the opponent off balance when the opponent attempts to throw knees. This section will teach you how to use the momentum created to take the opponent to the ground, again depending on what position you are in and what type of knee strikes the opponent is throwing.

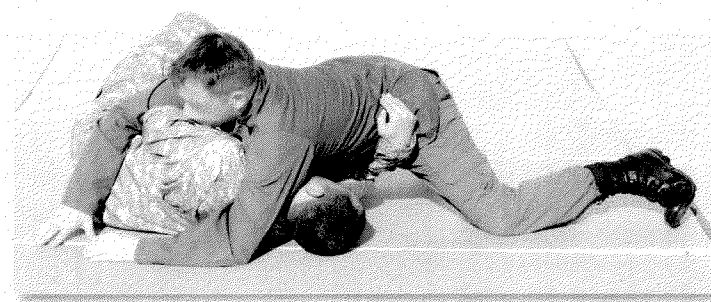
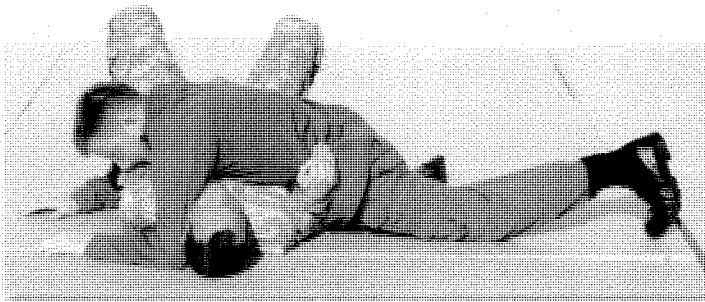
5-54. Throws and takedowns against knee strikes include—

- Hip check, turn down.
- Pull toward the knee, inside hook.
- Pull away from the knee, sweep.
- Pull away from the knee, throw.
- Defense, knee strike, snap down.
- Hip bump from modified seat belt clinch.
- 50/50, catch and lift.
- Counter to inside control, catch and lift.
- Hip check entry for hip toss.

**ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES**

OPPONENT HAS STANDARD SIDE CONTROL

When the opponent has standard side control, the fighter uses this technique to create enough space for him to position his legs beneath the opponent and move to the guard.



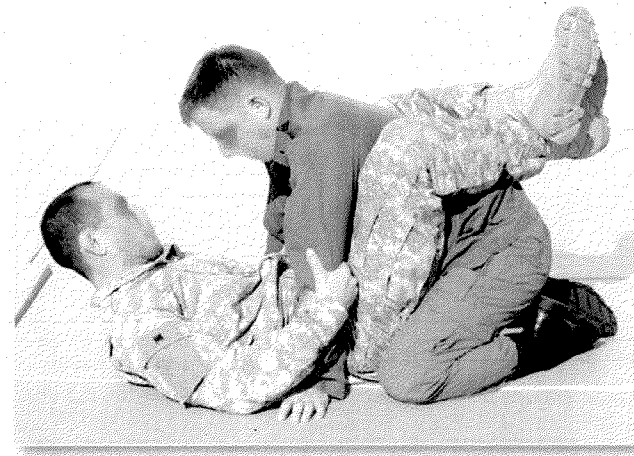
- 1) Begin with both feet flat, head side arm underhooked, and arm nearest opponents legs across your opponent's hip. 2) Drive your hips skyward, and lift your opponent up with your forearm. Shrimp your hips away in order to create space.



- 3) Drive your bottom knee across your opponent's belt line. 4) Continue to drive your knee outward.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS STANDARD SIDE CONTROL (continued)

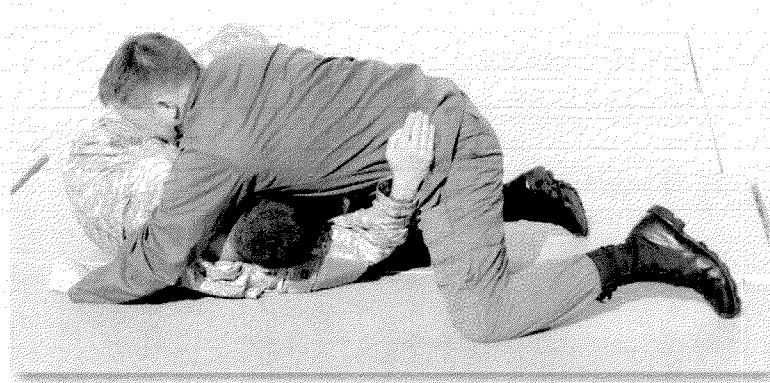


- 1) Recompose the guard by switching your hips and rotating your foot out.

**ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES**

OPPONENT HAS NEAR SIDE HIP CONTROL

The opponent may assume near-side hip control to keep the fighter from assuming the guard. This technique enables the fighter to get to his knees and assume a dominant body position.



- 1) Begin with both feet flat, headside arm underhooked, and arm closest to opponent's legs under your opponent's hip.
- 2) Drive your hips skyward, and lift your opponent up with your forearm. Shrimp your hips away in order to create space.

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS NEAR SIDE HIP CONTROL (continued)



- 3) Drive your underhooked arm up, and secure your opponent's near-side leg. Rotate to your knees, and drop to a single leg.

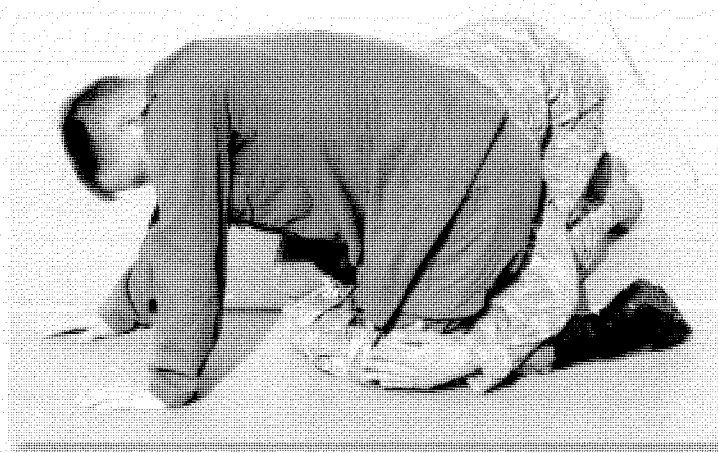


- 4) Drive your back elbow to the ground on the inside. Use a thumbless grip with your back hand on top. Place your head on ground outside of your hands and tripod.

Note. At this point, your opponent may defend your tripod by moving his trapped leg inward. If he does not, refer to the standard course of action. If he does, refer to the alternate course of action (indicated by ALTERNATE).

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS NEAR SIDE HIP CONTROL (continued)



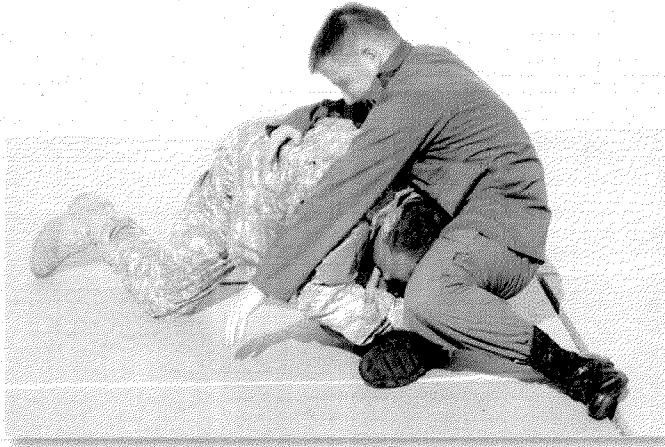
- 1) Drive your back elbow to the ground on the inside. Use a thumbless grip with your back hand on top. Place your head on ground outside of your hands and tripod. Walk around to the rear of your opponent, and secure his near-side leg with yours.
- 2) Reach across for the double leg.

Chapter 5

Advanced Ground Fighting Techniques

ADVANCED GROUND-FIGHTING TECHNIQUES—ADVANCED BODY POSITIONING MOVES,
SIDE CONTROL ESCAPES

OPPONENT HAS NEAR SIDE HIP CONTROL (continued)



5) ALTERNATE. With your front hand, secure the top of your opponent's heel.



6) ALTERNATE. Drive your head into your opponent's hip and lift his heel.