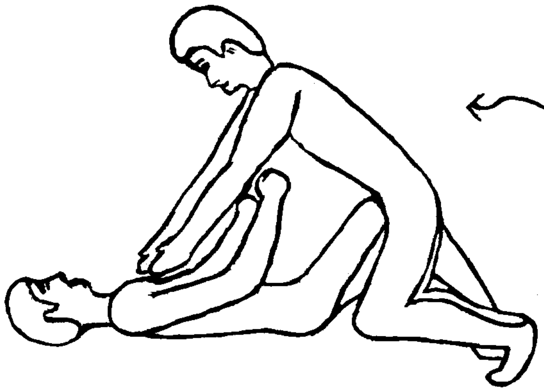
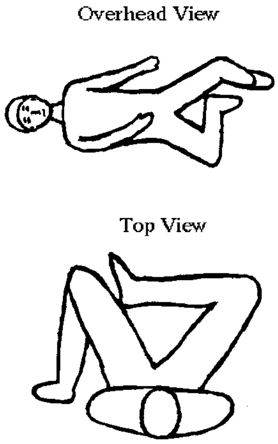
Ground Techniques



Basic Defensive Posture for Ground Techniques



In this posture, one shin is up, blocking opponent from coming in. The other leg will be used to apply torque or some other technique to get opponent off.

Key Ideas:

1) The shin must be horizontal (Top View). The knee presses against opponent's hip bone. If the knee is too high or too low, the defense will not hold.

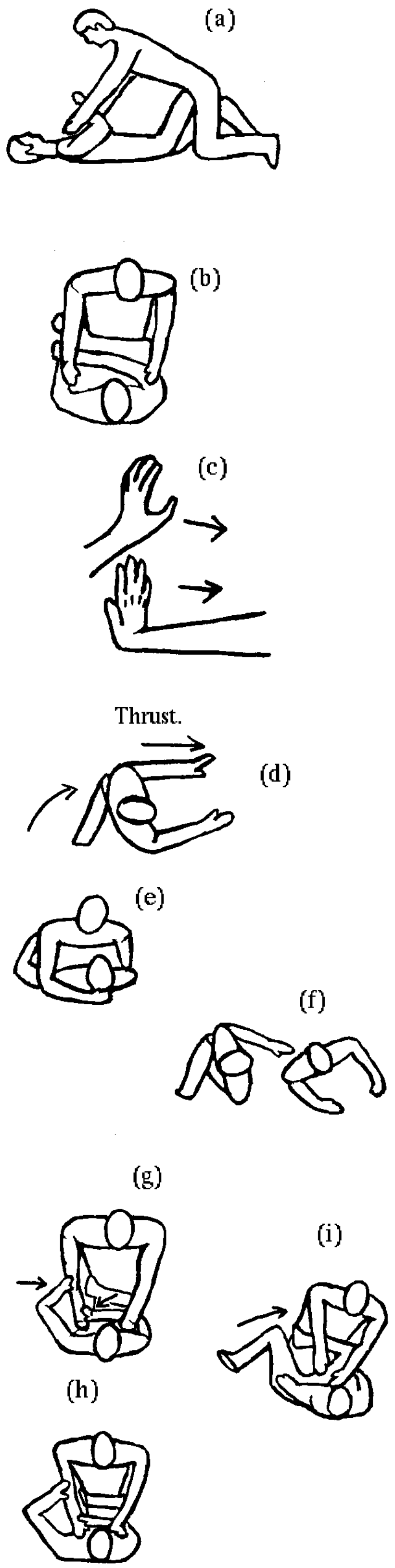
2) Press with the knee, not the ankle. Pressing with the ankle will allow opponent to slide down the leg and "capture" the head.

3) The objective is to use your hip muscles to stretch your opponent out so that you can use their arm as a lever. As your opponent tries to come in, you can use their force on your leg to help you slide away (Overhead View) with a serpentine motion.

4) The non-blocking leg is bent with the foot on the ground (Overhead/Top View) so that you can use it to roll yourself over and your opponent off.

5) It is critical to use your hip muscles when you are on the ground. These are the strongest muscles in your body. Keeping your leg up between you and them allows you to use your hips to control their attack. "Everything on the ground is hips." – *Rickson Gracie*

Mat: Arm Parry



Against a choke or attempted headlock:

Opponent attempts a choke (a). Place your left hand just above their right elbow and your right hand in a parry position at their right wrist (b). Bringing your left leg into a bent position, thrust horizontally with your left hand – pulling horizontally with the back of your right hand (c) – and roll your body to the right (d). This will throw opponent off.

Note: You do not want to lift your opponent here. This would be hard to do on an opponent who is larger and stronger than you. Instead you want to roll like a log so that they roll off of you.

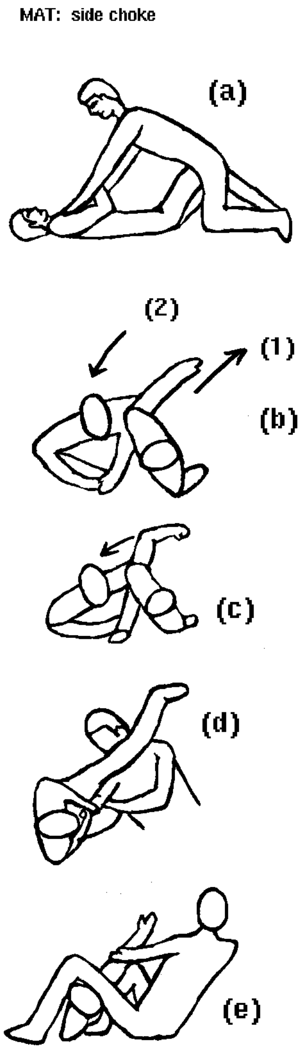
If opponent gets beyond the first defense line and attempts a headlock (e), you can still escape by tucking your head into the gap under their right arm pit and thrusting with the left hand on the back of their right elbow. Roll to your side as before, but hold onto their elbow so that you can take them down (f).

Street techniques:

From postion (a), a palm heel to opponent's chin (left or right hand) is fairly easy. Alternately, thrusting a claw hand (called Gohon Nukite in Japanese) into opponent's face (and specifically eyes) is quite effective.

Also, you can break opponent's arm by changing the parry (c) into a strike (g) & (h). On your opponent's right arm, hold or strike at the wrist with your right hand. Strike at their elbow with your left hand (palm heel).

Also, from position (a), your opponent's ribs are completely vulnerable to a knee strike with your left knee (i).



Against a side choke: Arm thrust, hiji

As opponent gets more vertical on you their weight is more on their hands (a). Thurst up with the left arm beyond their head (above their left shoulder) (b1). This will remove your opponent's base and they will drop to your left side (b2). Follow this with an left elbow strike to the back of their neck (c).

Street technique:

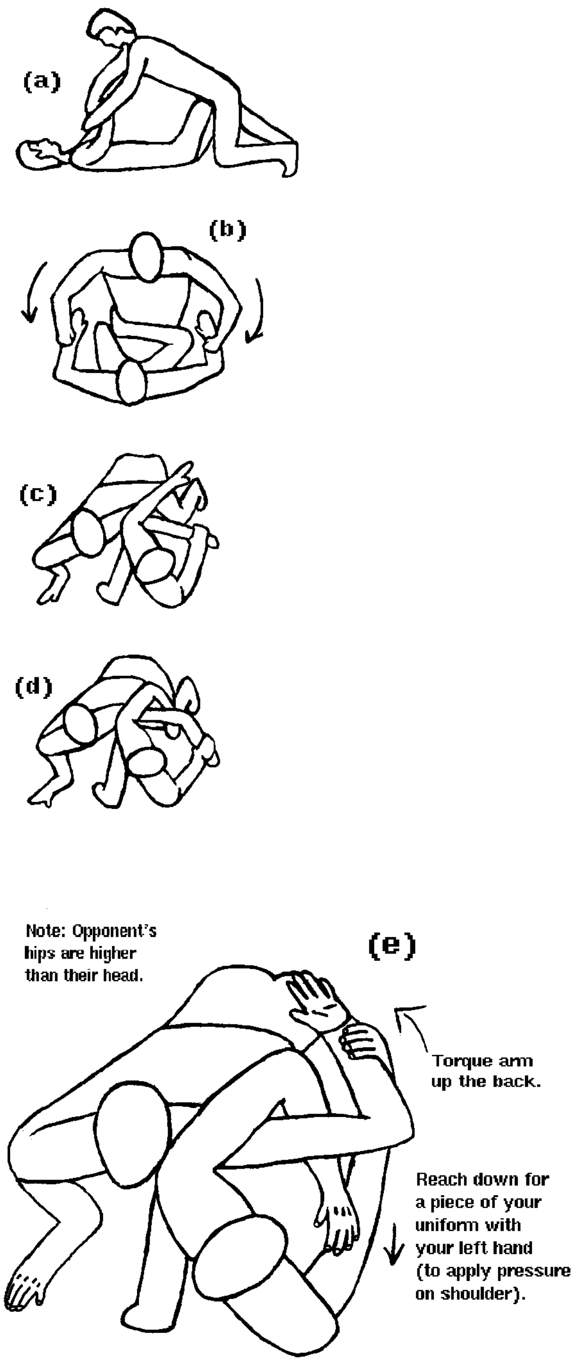
On the arm thrust (b1) do not simply thrust over their left shoulder – go through their face with a palm heel or an elbow.

Against a side choke: Leg over, juji gatame

Opponent is even more vertical than in (a). Swing your left leg up and take opponent down with your leg across their neck/head (d). Note that you have to go onto your right side to make this work. Also, there is more power if you keep your leg straight, so that you can use your hip muscles to move them. Keep opponent's right hand pinned to you with both of your hands. (This technique is designed to catch their neck at the back of your knee. For thrusting this is more powerful. Of course, a heel kick to opponent's temple is also an effective street variation.)

After you take opponent down, roll opponent onto their left side with your left leg over their neck and your right leg bent behind their back. Sit back, doing the arm bar (called Juji Gatame in Japanese) on their right arm. Their arm is against the inside of your right thigh (e).

Against a right & left: hammerlock.



Opponent is punching at your head (right & left roundhouse punches) (a) & (b). Block these at their wrists, grabbing opponent's left wrist with your right hand (c).

At the same time, execute a left arm thrust (c) causing opponent to loose their base and fall off balance and dropping their head below their hips.

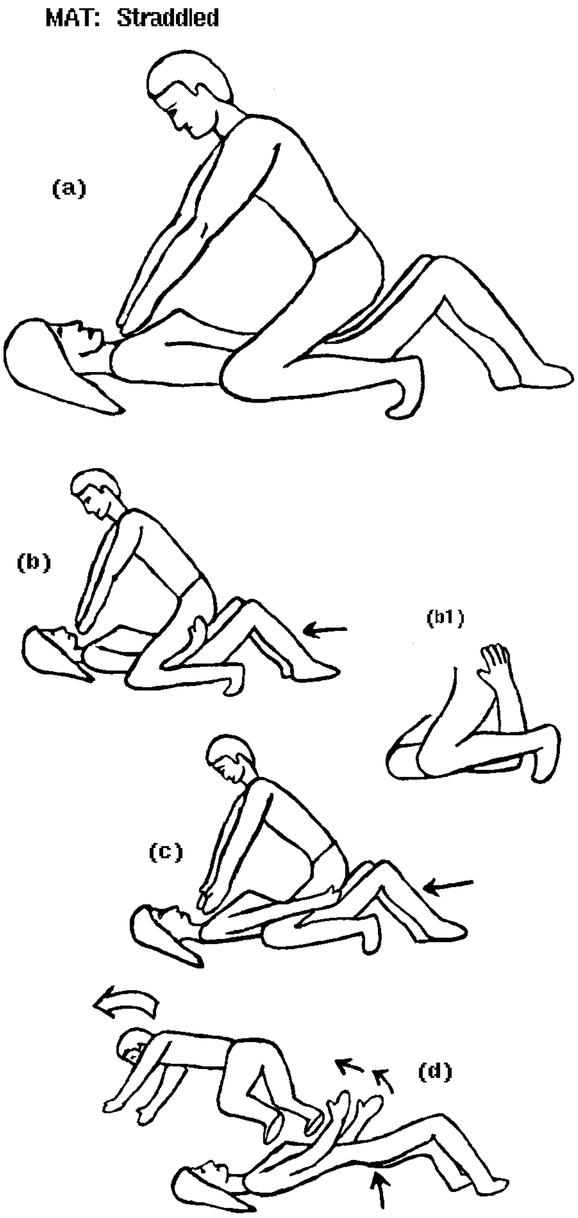
Shoot your left arm down around your opponent's upper arm (d). This will help your right hand bend their arm into a hammer lock (e).

As you are applying the hammerlock (e), reach down with your left hand for a piece of your uniform (if you are wearing one) while torquing opponent's hand up their back.

Finally, scoot your hips out to your right. This gives you much more leverage to work the arm when applying the hammerlock.

Street techniques:

To really make this hurt and severely injure the shoulder, raise the arm off the back (much like you would rip out a turkey wing). *Do* ***not*** *do this in class. Do* ***not*** *do this unless you are fighting for your life.*



When straddled: Stomach bump

In this situation, your defenses are really compromised (a). Opponent is straddling your hips/stomach/chest, so there is no chance to assume the basic defensive posture show on pages 1–4 of these notes.

The moves are essentially the same whether your hands are pinned (b) or free (c). The key steps are:

- Slide your legs into a bent knee position (a)–(c) so that you can thrust.
- If your hands are pinned (b) hook them under opponent's thighs, sliding them forward onto your upper arms (b1) which are stronger than your lower arms.
- If your hands are free, hook them over opponent's thighs.
- With a sharp motion and a kiai (deep expulsion of breath from the diaphragm) thrust upward with your hips while shoving (b) or yanking (c) opponent's thighs with your hands. Opponent will *fly* off of you (d).
- Thrust up and back rolling onto one of your shoulders to minimize the chance of opponent landing on your face and to maximize the use of your hips.
- The kiai puts focus in your thrust by tightening all your muscles at once.
- Duff Howell describes this in terms of your opponent being a very heavy lamp on a very tall thin table. It may be difficult to lift the lamp off of the table, but it is not too difficult to tilt the table and send the lamp flying. This is what stomach bump does.