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# Let's Get Started

I would like to take just a couple of moments to comment on proper behavior in ground fighting class. First, remember that the door to the training hall is the place to leave your ego. There are few people in the world that can afford a big ego. Mere mortals, however eventually run into someone who is bigger and better. They get beaten, their ego gets bruised, and usually they wind up taking their toys and going home. Don't let your pride prevent you from developing as a person and as a martial artist. If you are getting your butt kicked by everybody, then you can learn from everybody. You cannot make omelets without breaking a few eggs.

When practicing techniques you want to relax and slow down. Repetition may be boring, but it is necessary. If you start playing the "what if he/she does this" game, makes it difficult on your partner to practice his/her techniques, you are cheating them and yourself. Save the "what if" game for free fighting, there should be time allotted for each class for this to take place. If the instructor wants you to resist a technique, they will tell you to.

One final word on training etiquette, DON'T BE AN IDIOT. If your opponent has you in an arm lock and you can hear bones cracking, don't think you have to let them break your arm. Submit by slapping the palm of your hand against the opponent or the mat. The same thing holds true for chokes. If you are seeing stars and about to black out, submit. Remember, injuries cost money and training time, and some injuries can cost a whole lot more. This holds true in reverse.

## **IF YOUR PARTNER SUBMITS, RELEASE THEM IMMEDIATELY**

### **Warm ups and Drills**

Jujits and Ground fighting is an intricate and sometimes inexact science that is often much different from fighting from a standing position.

One of the primary differences is that groundwork requires total body movement and a very high percentage of time, more so than in standing combat. An example of this would be a basic block counter punch combination. This combination can be performed very effectively with only a relatively small adjustment in your stance. But, were you to attempt a takedown and follow up with a control technique, you would need to commit your whole body 100 percent. The following drills are designed to condition and coordinate your body for ground fighting.

## WARM – UPS

### Stretch # 1 (Sankyo Stretch):

Hold your left hand out in front of you, with your thumb pointing down, palm out. The right hand, coming over the palm side of the hand, grasps the lower edge of the hand (side with the thumb). The left hand is palm up and is extended away from your body. Make a special note to keep the shoulders from tensing up. You will bring your left hand towards your chest as you apply the pressure and hold for a count of 8. Repeat this 7 or 8 times then change to your right hand.





**Stretch # 2 (Outside wrist stretch):**

Hold your left hand in front of your centerline. Point the hand up, and palm facing you. Take your right hand and grab the back of your left hand, this time the fingers will grasp the base of the thumb. While maintaining the CW stretch, bring down the centerline. Hold for the count of 8 and then repeat 7 or 8 times. Then repeat this with your right hand.







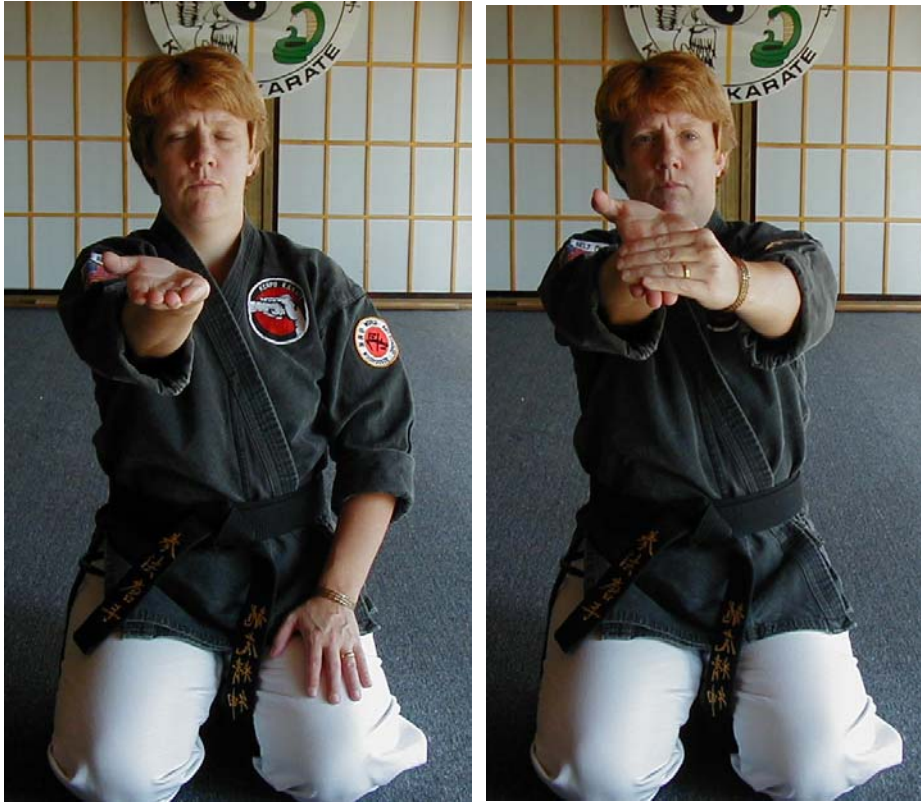
**Stretch # 3 (Goose neck stretch):**

The third wrist exercise, holding your left hand out in front of you, palm down with thumb towards you. Your right hand will grab the over the top towards the bottom of the hand so that your right thumb is just below your left thumb. You will lift the hand up as you push the hand towards your centerline. You should feel the pressure in your wrist. Hold for a count of 8 then repeat 7 or 8 times, then repeat on other wrist.



#### Stretch # 4

Hold your left hand out palm out, place your right over the top of the fingers of the left hand with the thumb right above the knuckles. Push fingers down as you straighten out our hand. Holds for an account of 8, then repeat 7 or 8 times. Then repeat on the other hand.





### **The Forward Drag:**

Lie on your stomach with your arms stretched in front of you as far as possible, and your palms turned upward. **WITH OUT USING YOUR FEET** pull your body up to your hands, while rolling your palms inward until they are immediately under chest and flat on the floor. Now, stretch your arms out in front of you, slapping the floor with the backs of your hand and repeat.



### **Shrimping:**

Lie on your left side with your knees pulled up tightly to your chest and your arms pulled down to your knees. The points of your elbows will be tucked just inside of your thighs. Now, stretch your arms and legs out to full extension and roll over to your opposite side, assuming the same position.

This motion should be performed explosively and in such a manner that your body makes forward progress down the floor.



**NOTE: THIS IS A VERY VALUABLE MOVEMENT**

### **Bridging:**

Lie on your back in the sit up position. Without using your hands, push your hips towards the ceiling. This should be done explosively and with total commitment. Perform this movement also over both your left and right shoulder.





### Defensive Retreat:

You may find yourself in a situation where finishing your opponent on the ground is not a good idea. In this case you should employ the Defensive Retreat. A bus ticket to the next state may be the best bet, but may not always be feasible. Lie on your back in the sit up position, with your hands up in the guard position. Now, swing your hips over your body and behind you and then stand up in to a fighting stance.



# Drills

## Blending Drill:

This drill is designed to teach the students to blend with the attack. You can practice this drill with no hands and just blend (step to the inside, outside or away from the attack, depending on the attack). This drill should be practice with blocks, takedowns, and with weapon attacks such as knives and clubs.

## 4 Corner Drill

This drill is designed to work hand eye coordination and improve on reaction time. There are several levels to this drill; the 1st level is where one student throws hook punches in a prearranged pattern while the defending student counters with a block punch combination.

The 2nd level, the attacking student throws hook punches in no prearranged order while the defending student must learn to read and react. The 3rd and final level is identical to the second level but now you must follow - up with a technique after you have done the block and punch.

To practice the 1st level of the drill two students will face each other in a square horse

Stance, just out of punching range, the attacking student will throw the 4 hook punches in a prearranged order, while the defending student will counter the hook punch with a block punch combination.

Before starting the drill you will need to judge the distance of the defending students counter punch, so no one will get hit while practicing the drill, this is accomplished by having the defending student place a vertical punch 1 inch from the attacking students face while both students are in a square horse stance.

The drill is started by the attacking student throwing a right hook punch to the side of the head of the defending student, the student that is defending will counter with a left extended outward palm block and a right vertical punch to the face, the attacker will then throw a left hook punch to the side of the head, the defending student will counter with a right extended outward palm block and a left vertical punch to the face, the attacking student will throw a right hook punch to the ribs, countered with a left low palm block and a right vertical punch to the face, the final move will be a left hook punch towards the ribs, then counter with a right low palm block and a left vertical punch to the face.

When you become proficient with level 1 go onto level 2 of the drill. Level 2 is basically the same as the 1st level, instead of throwing punches in a prearranged order they will be thrown in any pattern the attacker chooses. This level will help you build up reaction time by teaching you to read and react more quickly.

Once you have become proficient with both level 1 & 2 go onto level 3. Level 3 is done by adding techniques to the end of a counter somewhere in the drill to help develop spontaneity as well as how to set technique up. Try not to spend too much time thinking about a technique, learn to let the body react to what it sees and feels.

