

Clemmons Family Martial Arts

Hapkido Ground Grappling Manual

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BREAK FALLS

Back Break Fall

All break falls are very important since they allow you to land on the ground after throws without causing injury. This break fall is drilled from the standing position.



1- From the standing position crouch down and cross your arms over your chest. Be sure to also tuck your chin into your chest.

2- Now fall onto your back throwing your arms out to the side to break the fall. If an attacker was in front of you, you may want to strike by thrusting your legs to the front.

Side Break Fall

Break falls are extremely important since they allow you to land from throws as comfortably as possible. The side break fall is one of the most common break falls. Shown here is a simple drill for the side break fall.



1- Standing with your feet level, take your right foot in front and to the left of your left foot resting the side of your foot on the floor.

2- Allow yourself to fall to the right. As you land, you should throw your right arm on the floor. This breaks your fall as it takes most of the force.

3- Bring your left knee up to protect your groin from possible kicks. Also bring your hands up to your face for your guard.

Forward Roll

A forward roll allows you to escape danger and is also used for some break falls.



1- With your right foot in front of your left, place your right hand on the inside of your foot and tuck your chin into your chest.



2- Simply roll forwards ensuring you roll along your right arm and shoulder. You should finish in the position as shown.



3- Come up on your right foot and twist anti-clockwise into your stance. You should be facing the direction in which you just came.

Front Break Fall

This break fall is used to land on your front as comfortably as possible.



1- To drill this break fall, stand with your feet level.



2- Bend your knees slightly and jump up kicking your legs out behind you. Begin to bring your hands up to your face.



3- As you land you should break the fall with your forearms. Be sure to also turn your face to the side so you don't hit your nose on the ground.

POSITIONS

This section shows many of the positions that you will find yourself in whilst fighting and also which positions to try and attain.

The Mount

The mount is the most common position found in street fights and is the most devastating position to be in. From the top you have the ability to land powerful strikes using gravity to help you deliver incredible power. Joint locks and chokes can also be easily applied from this position.

If you find yourself on the bottom you obviously need a quick and effective means of escape.

You should practice maintaining and escaping the mounted position until it becomes second nature. In a street fight, a moment's hesitation can be very costly. When in the mount you should be totally relaxed but aware of what your opponent is trying to do to land strikes, apply submission holds or escape.



1- This is the common form of the mount, simply resting all your weight on your opponent's stomach or chest. If they attempt strikes, chokes, or other submission holds, you can easily sit back to counter their techniques.



2- This slight variation shows how to smother your opponent making it difficult for them to breath. They will be tired anyway from trying to escape, this will just frustrate them further. It's also a good position to adopt if you need a rest yourself. Note the position of the hands, this establishes a good base so it is difficult for your opponent to try and roll you off.



3- In this variation you can wrap an arm round the back of your opponent's neck to stop them moving out from underneath you.



4- If your opponent raises their knees it is sometimes a good idea to 'grapevine' them. This makes it much more difficult to escape from. The usual escape from the mount requires the person on the bottom to raise their hips to roll their opponent off. With both legs wrapped up the person on top can prevent themselves from rolling off.

The Guard

The guard is a common position used in Brazilian Jiu-Jitsu and ground-fighting. Your opponent is said to be in your guard when you have your legs wrapped around them. Although you are on your back you are actually in a more dominating position.

Joint locks and chokes can be easily applied from this position.

With your legs crossed behind your opponent's back (closed guard), you can straighten your legs to crush their chest, this can be very uncomfortable for your opponent and obviously make it hard for them to breathe.

Being in someone's guard is not as severe as being mounted, but there are not many techniques that will defeat your opponent. Do not waste time attempting techniques whilst in someone's guard, escape and attain a better position such as the mount and then apply submission holds.



1- The simple 'closed' guard. Keep your head on the floor to save energy in keeping your head up. Obviously if someone is throwing strikes DON'T leave your head on the floor since you'll be knocked out in seconds with nothing to cushion the blows.



2- For beginners it is best to always use the 'closed' guard to stop your opponent escaping easily.



3- Note the hand positions used to keep control of your opponent and ready to apply numerous submissions.

The Side Mount

The side mount is an intermediate position prior to taking the mount, numerous submission holds can be applied from this position.

Once in the side mount you should be able to remain on top of your opponent while they try anything and everything to escape. Resting and pushing all of your weight onto your opponent will make it difficult for them to move and even make it hard for them to breath.

If you find yourself on the bottom in this position you need to escape quickly, the next obvious position for your opponent to take is the mount which as you may know is deadly.



1- The simple side mount position.



2- In this variation your right knee should be next to or above your opponent's hip. This prevents them from turning and sliding underneath you. This is a common form of the side mount.



3- A close-up of the knee position.



4- You should use your extended leg to force your chest onto your opponent, making it hard for them to move and breathe.



5- With this variation of the side mount both knees are next to your opponent. Remember to have one knee next to or above your opponent's hip.

North South

This position is like the side mount and you can easily move into this position if you're in the side mount and your opponent tries to bring their legs underneath you.

Numerous submissions can be applied from this position.



1- With your legs out straight you should force your chest onto your opponent, this will make it hard for them to breath. Hold onto your opponent's belt to make it hard for them to turn underneath you, try to keep their hips pinned to the ground.



2- With this variation simply bring your knees up. Keep your knees apart to maintain a good base so your opponent can't roll you off.



3- A close-up of the grip on your opponent's belt.

Scarf Hold

The scarf hold position may be used whilst ground-fighting. This position is good to control your opponent but does not have many submissions readily available. There are lots of escapes from the scarf hold so don't stay there for too long.



1- Sit next to your opponent with your back against the side of their chest.

2- Take your right arm and place it round the back of your opponent's neck. Grab hold of either your gi or theirs to prevent them pulling their neck out.

3- Take their right arm under your left arm-pit and pin it there with your left arm. Grab hold of the back of their right arm as shown. This is the strongest grip to use to prevent your opponent from pulling their arm out.

4- Simply tuck your head in and spread your legs as far as possible. This gives you a good base that makes it difficult for your opponent to move. Try to always keep your weight on your opponent.

The Back Mount - Top

The back mount involves you being behind your opponent with your legs hooked around them. This is an excellent position to apply chokes since your opponent can't see what you're doing.



1- This is the back mount used when your opponent is on all-fours.

2- Be sure to hook your feet around your opponent so they can't throw you off.

The Back Mount - Behind



3- The back mount can also be used when you're on your back. If your opponent tries to roll you off from the first back mount you may find yourself in this position.



4- Again, remember to hook your feet on your opponent's hips. NEVER cross your feet, otherwise you will be open to a nasty foot lock.

Knee On Chest/Stomach

Knee on chest is one of the most painful and frustrating positions to be in. On the top you can control your opponent's hips and shoulders. If your opponent tries to escape you can pull up with your hands and force your knee to the ground. Numerous chokes and arm-locks can be applied from this position.



1- Although called 'knee on chest', you may have your knee on your opponent's stomach. With your right hand holding their belt and your left hand holding their collar use your left foot for a solid base. In this position you are simply sitting on your opponent's belt, to apply force simply come up onto your knee slightly.



2- A close-up of the hand and knee positions.



3- You may hold either side of your opponent's collar.



4- In this variation you control your opponent's right arm. Your right hand holding the collar (fingers inside, thumb outside) and hold their elbow with your left hand. Remember to use your left foot for a solid base.



5- A close-up of the controlling hands position.

TRANSITIONS

Standing Up In Base

If you are thrown to, or fall to the ground in a street fight, you need a way to get up with the least risk of being hit. This technique shows the correct way to stand up in a street fight.



1- Put your left foot on the ground, lay your right knee down and put your right hand on the ground behind you. Make sure you have your left arm up for a guard against kicks to the head.



2- A close-up of the hand positions. You should be able to put all of your weight on your right hand and left foot so you can easily lift your hips off the ground.



3- Lifting your hips off the ground, throw a thrust kick with your right foot to your opponent's leading knee. You may not make contact but it should make them move the leg back.



4- With the leg cleared out of the way, take your right knee under your right elbow and place it firmly on the ground. Remember to keep your left arm up for defense.



5- Simply come up and you're ready to fight.

Side Mount To Mount - Step Over



1- Starting in the side mount (with your right knee against your opponent's hip), if no submission holds become available you will want to move into the mount.



2- Twist your body sideways and switch your knees so that your left knee is now on your opponent's hip.



3- If your opponent brings their knees up to prevent you taking the mount, simply clear them out the way with your right hand.



4- With your right hand still on your opponent's legs, step over it. Now prepare to take the mounted position.



5- Push with your left elbow, hand or leg and place your right knee on the ground to finish in the mount.

Side Mount To Mount - Knee Drive



1- Starting in the side mount (with your right knee against your opponent's hip), if no submission holds become available you will want to move into the mount.



2- If your opponent has their knees up preventing the step over method, grab hold of their belt.



3- Slide your right knee onto your opponent's stomach just above the belt.



4- Continue the knee drive until your knee is on the floor. Do not let go of the belt until your knee is firmly on the ground.



5- Let go of the belt and take up the mounted position.

Scissor Sweep (Guard To Mount)



1- You have your opponent in the guard. Grab their collar with your right hand (fingers inside, thumb outside), and grab their right elbow with your left hand.



2- Uncross your feet (if using the closed guard) and put your right foot on the ground. Put your weight on your right foot and left shoulder. Now lift your hips up and take them to the right. This creates the space required between you and your opponent for the rest of the technique.



3- Lay your left leg on the ground next to your opponent's right knee and bring your right knee across your opponent's stomach.



4- Here you can see how your right leg should be positioned.



5- Now in one flowing movement straighten your right knee and scissor your legs, sweeping your opponent. Be sure to also pull your shoulders back, dragging your opponent's right arm towards you.



6- In the same flowing movement, take up the mounted position. You will have your opponent's right arm controlled, possibly for numerous armlocks.

Push Sweep (Guard To Mount)



1- You have your opponent in the guard. Grab their collar with your right hand (fingers inside, thumb outside), and grab their right elbow with your left hand.



2- Uncross your feet (if using the closed guard) and put your right foot on the ground. Put your weight on your right foot and left shoulder. Now lift your hips up and take them to the right. This creates the space required between you and your opponent for the rest of the technique.



3- Bring your right knee across your opponent's stomach.



4- Just as with the Scissor Sweep, you lay your left leg next to your opponent's right knee. But for this sweep your opponent has a wide base and has spread their knees to make the Scissor Sweep difficult.



5- Place your left foot on your opponent's right knee as shown. You may need to push away to create more space by using your right knee on your opponents stomach.



6- Push your opponent's right knee with your left foot to destroy their base.



7- Straighten your right leg to sweep your opponent, and then take up the mounted position. You will have your opponent's right arm secured possibly for numerous arm-locks.

Double Ankle Grab Sweep (Guard To Mount)



1- You have your opponent in the guard.



2- To try and escape your guard, your opponent stands up to cause pressure on your crossed feet.



3- Uncross your feet and pull your knees down. Now press your knees together in front of your opponent's stomach. Also, cup round the back of your opponent's ankles with both hands as shown.



4- Now thrust your knees up to cause your opponent to lose their stability and pull their ankles towards you. Be sure to push your knees directly upwards.



5- As your opponent falls back you should come up on your right hand, twisting your body slightly sideways, and reach across their body with your left hand. Try to grip their arm or body with your left hand to help pull yourself up.



6- Continue the movement so you end in the mounted position.

ESCAPES

Upward Lift Escape (Under Mount)



1- Your opponent is in the mount; obviously you need a quick and reliable escape.



2- Grab your opponent's right wrist with your right hand. Cup the hand with your thumb over the top - this make it harder for your opponent to pull their hand away



3- Secure your opponent's right arm by grabbing their outside elbow with your left hand.



4- Take your left foot over the top of your opponent's right ankle to secure it.



5- Raise your hips straight up then roll onto your left shoulder. Since you secured the right side of your opponent's body, they have no way of bracing themselves to prevent the roll.



6- As you continue the movement you will end up in your opponents guard. Be sure to secure their arms straight away to prevent chokes and arm-locks. Although you are now in your opponents guard, it is a lot better to be here rather than in the mount.

Guard Escape (Push)

This is a basic escape from the guard which may not work very well against opponents with very strong legs.



1- You are inside your opponents guard.



2- Grab hold of your opponent's belt with your fingers over the top.



3- This technique may work better if you take one knee out to the side whilst placing your other knee at the base of your opponent's spine. If using this approach be careful that your opponent doesn't reverse the technique and sweep you.



4- To break your opponent's guard, simply push down and forward until they uncross their feet. You have to be careful with this technique since you are straightening your arms, making arm-bars quite easy

Guard Escape (Elbow Drive)

This is a basic escape from the guard.



1- You are inside your opponent's guard.



2- Grab hold of your opponent's belt with your fingers underneath.



3- Now drive your elbows down into your opponent's thighs. This will cause immense pain and should cause your opponent to uncross their feet. It may even make your opponent feel slightly faint if you manage to apply enough pressure to the main artery in their legs.

Passing The Guard



1- You are inside your opponents guard.



2- Grab both of your opponent's biceps and keep your elbows down.



3- Come up on your left foot and twist your body to the side, this creates space between you and your opponents right leg. Be sure that your left foot is not too far forward; otherwise your opponent may grab it.



4- Slide your left hand between your stomach and your opponent's right leg. Place this hand on the ground so your opponent's right leg is on your left shoulder.



5- Reach over your opponent with your left hand and grab the left side of their collar with your thumb on the inside. Try to get a deep grip with this hand, ideally your fist should be touching the ground. Be sure to always keep your head up to prevent your opponent attempting the Triangle Choke.



6- Put your left knee back down on the ground and come up on your right foot. Walk round to the side of your opponent, pushing your left elbow down to the ground to the right of your opponent's head. Now lean over your opponent to force their knees to the ground. This should cause them to uncross their feet.



7- When your opponent uncrosses their feet, bring your head under their right leg.



8- To finish simply bring your right hand from under your opponent's right leg and take up the side mount.

Scarf Escape (Hip Roll)

Scarf Holds are one of the most common positions found in street fights.



1- Your opponent has you in a scarf hold position.



2- If your right arm is trapped under your opponent's left arm, take your left hand behind your opponent's back and grab your right wrist.



3- By using your left foot, try to slide your hips under your opponent's hips as far as possible.



4- Now thrust your hips up and pull your right wrist across with your left hand to roll your opponent over your body.



5- Continue to roll your opponent, then come up onto your left knee and take your right foot over your opponent and place it in front of their stomach. Ensure you have a solid base before attempting any submissions. If your opponent still has a solid hold around your neck, use the arm-frame method as shown in the 'Head Lock Escape (Leg Hook)'

Head Lock Escape (Leg Hook)

Head locks are one of the most common positions found in street fights.



1- Head locks are one of the most common positions found in street fights. This escape is used when your opponent has a tight grip round your neck and has their head down



2- Grab your opponent's left bicep with your left hand. This is mainly used to prevent your opponent from striking you.



3- Now hook your opponents left leg with your left foot.



4- Take your right arm under your body and turn onto your stomach and establish a good solid base. If your opponent keeps their legs apart, they may get stuck here and you will be able to simply pull your head out of their grip.



5- If your opponent puts their legs together and keeps the grip round your neck you will end in this position. Take your right leg over your opponent place it in front of their stomach. Be sure to maintain a good base at this point.



6- If your opponent has a very strong grip round your neck you will use the arm-frame method to break their grip. To start, simply lay your left forearm across their neck.



7- Now hold your left wrist with your right hand and force your left forearm into their neck. The pain caused here will make them release the grip straight away. Do not try to use strength to apply the pressure simply lean all your weight onto your opponent's grip.



8- When your opponent releases the grip on your neck be sure to secure their arm between your head and shoulder ready for an arm-bar.



9- Take your left leg over your opponent's head and sit down. Hold their arm ready to apply the arm-bar.



10- To apply the arm-bar lay back and keep your opponent's arm pinned to your chest. Now just raise your hips, just an inch of movement should be enough to cause pain. Be sure that your opponent's thumb is pointing straight up, this ensures a solid lock.

Head Lock Escape (Arm Frame)

Head locks are one of the most common positions found in street fights.



1- Head locks are one of the most common positions found in street fights. This escape is used when your opponent has a grip round your neck but has their head up.



2- Since your opponent doesn't have their head down, you should use the arm-frame technique. Take your left arm over the top of your opponent's right shoulder and lay your forearm on the side of their neck.



3- Grab your left wrist with your right hand and place your right elbow on the ground to make a frame. Your opponent will not be able to break this frame to get closer, the frame can actually support the full body weight of your opponent.



4- Place your left foot on the ground behind your opponent. Now put all your weight on your left foot and right shoulder. Swing your hips out behind you so your opponent will have nothing to stop them falling back.



5- Push the arm-frame into your opponent's neck to cause them to fall back, also raise your left leg ready to trap their head.



6- Bring your left leg round your opponent's neck to trap their head. How cross your feet as shown and straighten your legs to apply a choke.

ARMLOCKS

Americana From The Side Mount



1- You have your opponent in the side mount and they have their arm nearest your head bent.



2- Grab their left wrist with your left hand. Cup over the top of their wrist using your thumb, this makes it hard for them to move their arm away. Also tuck your left elbow into their neck.



3- Take your right hand under your opponents left bicep and grab your left wrist. Use the same cupping technique as before.



4- Place your head on your right hand and apply pressure to prevent your opponent lifting their hand up. Now slide their wrist down the side of their body whilst raising your right elbow.

Americana From The Mount



1- You have your opponent in the mount and they have their left arm bent.



2- Grab their left wrist with your left hand. Cup over the top of their wrist using your thumb, this makes it hard for them to move their arm away. Also tuck your left elbow into their neck.



3- Take your right hand under your opponents left bicep and grab your left wrist. Use the same cupping technique as before.



4- Place your head on your right hand and apply pressure to prevent your opponent lifting their hand up. Now slide their wrist down the side of their body whilst raising your right elbow.

Kimura Lock From The Guard



1- You have your opponent in your guard and they have their right hand on the ground.



2- Uncross your feet (if using the closed guard) and put both feet on the ground. Grab your opponent's right wrist with your left hand.



3- Come up on your left elbow and take your right hand round the back of your opponent's right arm. Grab your left wrist with your right hand.



4- Now roll onto your right side and take your opponents arm over their back. Put your left leg on their back to prevent them from rolling forwards out of the lock.



5- You could also hook your opponent's leg to prevent them from rolling forwards.



6- A close-up of your hand positions, to apply the lock simply push your left hand to the right of your opponent's head.



7- A perfect position to be in, here your opponent has laid down making it nearly impossible for them to come back up to their knees to roll out of the arm-lock.

Kimura Lock From The Side Mount



1- In this demonstration you have your opponent in the side mount and will attempt to get the mounted position with the knee drive method.



2- Grab your opponent's belt with your right hand and slide your right knee onto their stomach. As you do this your opponent tries to push your knee off their stomach with their left hand.



3- Let go of your opponent's belt and grab their left wrist. At this point your opponent may try to pull their arm away, simply pin their hand to the ground with your right hand.



4- Take your right knee off your opponent's stomach and take your left hand under your opponent's left bicep and grab your right wrist as shown.



5- Switch your knee positions so that your right leg is laid straight with your left knee against your opponent's body.



6- Step over your opponent's head with your left foot. This will prevent them from sitting up to escape the arm-lock.



7- To apply the arm-lock slide your opponent's hand up along their body and raise your right elbow.

Shoulder-Lock From The Side Mount



1- In this demonstration you have your opponent in the side mount and will attempt to get the mounted position with the knee drive method.



2- Grab your opponent's belt with your right hand and slide your right knee onto their stomach. As you do this your opponent tries to push your knee off their stomach with their left hand.



3- Let go of your opponents belt and grab their left wrist pinning their hand to their stomach.



4- Take your right knee off your opponent's stomach. Remember to keep their left hand pinned to their stomach.



5- Take your left hand under your opponents left bicep and grab your right wrist as shown. At this point your opponent will probably know that their arm is in trouble and may grab their own belt.



6- Spin round to the North-South position with your knees next to your opponent's head. This will prevent your opponent from twisting out of the shoulder-lock.



7- Pull your opponent up onto their right side.



8- If your opponent has hold of their belt, simply pull their arm to the right.



9- To apply the shoulder-lock, take their hand to the left. Be sure that their elbow is bent at 90 degrees as shown.

Shoulder-Lock From The Scarf Hold



1- This shoulder-lock is applied from the scarf hold position.



2- Take your opponent's right arm from under your left arm and grab it with your left hand.



3- Place your opponent's right arm under your right leg. Bend your knee to make it difficult for your opponent to take their arm out, you may also want to cross your feet.



4- To apply the shoulder-lock simply raise your hips towards your opponent's head.

Arm-Bar From The Mount



1- You are in the mounted position and your opponent straightens their arms, giving you the perfect opportunity for an arm-bar.



2- This demonstration shows how to apply the arm-bar on your opponent's right arm. Place your right hand on your opponent's chest in between their arms.



3- Take your left arm round the outside of your opponent's right arm and place it on your right hand. This is isolating the arm you are about to perform the arm-bar on



4- Put all of your weight on your hands and hop to your feet as shown.



5- Now still with all your weight on your opponent's chest, swing your left foot round the top of your opponent's head to finish in the position shown.



6- Now simply sit down next to your opponent. You should aim to be as close as possible to their right shoulder. As you sit down you will notice that you have your opponents arm in a perfect position to apply the arm-bar.



7- Grab your opponent's right arm and lay back. To apply the lock simply raise your hips off the ground, just an inch of movement should cause pain to your opponent. Be sure that your opponents thumb is pointing up so their arm is perfectly locked. Also squeeze your knees together slightly for a solid hold.

Arm-Bar From The Guard



1- You have your opponent in the guard and will apply an arm-bar to their right arm.



2- Take your opponent's right arm to the right and secure it just above the elbow with your right hand as shown.



3- Place your left hand on your opponent's left shoulder with your arm under their chin. Now pull your opponent down slightly.



4- Uncross your legs (if using the closed guard) and put your right foot on the ground. Put all your weight on your right foot and left shoulder. Now swing your hips out to the right to create the space required for the next part of the technique.



5- Place your left foot on your opponent's right hip. Now put all your weight on your left foot and right shoulder. Swing your hips out to the left so that you are nearly sideways on to your opponent.



6- Now swing your left leg under your opponent's neck. If they try to put their head down to prevent you from doing this, simply push their chin up with your left forearm. To apply the arm-bar, keep your opponent's arm pinned to your chest and raise your hips. Also try to squeeze your knees together slightly for a more solid hold.



7- If your opponent tries to roll away, or falls down, continue the application of the arm-bar.

Omoplata From A Failed Guard Arm-Bar



1- In this demonstration, you have attempted the arm-bar from the guard.



2- As you apply the arm-bar, your opponent manages to pull their arm out.



3- To apply the Omoplata you must ensure that your opponents left arm is next to your right hip. Now twist anti-clockwise on your back and put your left foot on the ground.



4- Continue to twist on your back and take your right foot over your opponents left shoulder. Now take your left leg to the left and grab hold of the back of your opponent's belt with your right hand.



5- To apply the lock, simply come up on your right foot pushing your hips forward. Since you have hold of your opponent's belt they will find it difficult to roll forwards and escape the lock

CHOKES

Collar Choke From The Guard



1- Using your right hand to open your opponents collar slightly, use your left hand to grab the collar with your fingers on the inside (thumb outside). You don't have to get a very deep grip for this choke.



2- Slide your right hand inside the collar with your thumb on the inside (fingers outside). Try to get a deep grip with this hand



3- Now pull your opponent down with your left hand and push your right elbow up to the ceiling.

Underarm Collar Choke From The Guard



1- This choke can be used when your opponent has at least one hand on your chest. In this case we will use the opponent's right arm.



2- Bring your left hand inside your opponent's arms.



3- Push your left arm out to the side and upwards to slide your opponents hand off your chest. Now wrap your left arm round the outside of your opponent's arm.



4- Use your right hand to open up the left side of your opponent's collar and grab it with your left hand (fingers inside, thumb outside). This locks up your opponent's left arm.



5- Slide your right hand in the other side of your opponent's collar with your thumb on the inside (fingers outside).



6- Now push your right elbow up to the ceiling to apply the choke.

Front Scissor Choke From The Guard - Fingers Inside



1- Using your left hand to open your opponents collar slightly, use your right hand to grab the collar with your fingers on the inside (thumb outside). Try to get a very deep grip otherwise the choke may not work.



2- Take your left hand underneath your right, and grab the collar on the other side exactly the same way (fingers inside, thumb outside). Make sure you get a deep grip with this hand as well, ideally your fingers should be nearly touching at the back of your opponent's neck.



3- Now pull your opponent in and push your elbows out. Do not try to choke your opponent with brute strength; simply pushing your elbows out will apply the choke much quicker.

Front Scissor Choke From The Guard - Thumb Inside



1- This variation is applied the same way but with your thumbs on the inside of your opponent's collar. Remember to get a deep grip with your first hand.



2- Take your left hand underneath your right and get another deep grip.



3- Again just pull your opponent in and push your elbows out. If the choke does not come on it means that you probably didn't get a deep grip with both hands.

Front Naked Choke From The Guard



1- This choke is used when your opponent is pushing on your chest whilst in the guard, maybe trying to stand up.



2- Bring both arms inside your opponent's arms ready to push them aside.



3- Take your arms to the side and up, this will slide your opponent's arms off your chest.



4- As your opponents head falls, wrap your right arm around the back of their neck and grab your left bicep with your right hand.



5- Now slide your left hand under their neck. You may use a scissor hand or a fist to crush your opponent's throat. Push your left elbow down and your left hand up into their throat.

Guillotine Choke From The Guard



1- In this demonstration, the choke is used when attempting the Kimura arm-lock but your opponent counters.



2- Put both feet flat on the floor, sit up and grab the opponent's right wrist with your left hand.



3- At this point the opponent knows what you're doing and counters the move by holding his hand behind your back. Sit up and take your right arm round the back of their neck.



4- Your right hand should be near your stomach (out of view) for a nice tight grip around your opponent's neck.



5- Take your left hand under your opponent's chin and grab your right hand, make sure you have a nice tight grip around their neck.



6- Sit back and cross your feet behind your opponent again putting them back in guard.

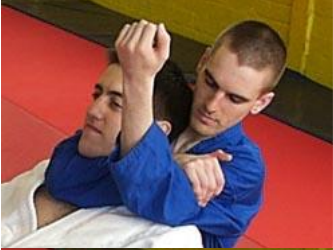


7- Pull your arms up towards yourself and push away with your legs to stretch out your opponent and apply the choke.

Lion Killer From The Back Mount



1- From the back mount, take your right arm round the front of your opponent's neck. Your elbow should be directly under his chin.



2- Grab your left bicep with your right hand.



3- Slide your left hand down the back of your opponents head or even onto your right shoulder. Now push your elbows together to apply the choke. Another way to apply the choke is to pull your shoulders back and take a deep breath in while pushing their head forwards.

Rear Choke From The Guard



1- This choke is used when your opponent is attempting a naked strangle or pushing on your chest.



2- Take both hands to the left of your opponent's right arm.



3- Thrust your arms across your body to push your opponent's hands off your chest.



4- Take your right arm round the front of your opponent's neck; your elbow should ideally be in front of their Adam's apple.



5- Hold your right wrist with your left hand.



6- Pull your right arm in with your left hand to crush your opponent's neck.

Collar Choke From The Back Mount



1- From the back mount, take your right arm in front of your opponents neck and grab their collar with your thumb on the inside (fingers outside). Try to get a very deep grip.



2- Take your left hand under your opponents left arm-pit and grab the other side of their collar. This hand is used to make sure there is no slack in the collar when you apply the choke.



3- Pull your right elbow back and push your left hand directly down (do not pull it round to the left).

Side Mount Choke



1- You have your opponent in the side mount and they lift their head off the ground.



2- Come up to your knees and put your head on the ground. Take your right arm round the back of your opponent's neck.



3- Twist onto your right shoulder and step over your opponent with your left foot. Your right hand should be on your stomach



4- Grab your right wrist with your left hand making sure you have a tight grip round your opponent's neck.



5-To apply the choke push your stomach forward and pull your shoulders back.

Thrusting Choke From Inside The Guard



1- Your opponent has you in the guard and you need a submission or something to distract your opponent.



2- Grab both sides of your opponent's gi with your fingers on the inside. Your thumbs should be facing you.



3- Take your right hand to the right of your opponent's wind-pipe and pull with your left hand to take off the slack.



4- Now drive your right fist down to the ground. You may want to come up on one or both legs to apply more force and get your weight behind it. Since your right arm is straight you need to be very careful that your opponent doesn't arm-bar you. Remember to pull with your left hand to remove any slack.

Triangle Choke From The Guard



1- This choke is demonstrated here when your opponent attempts to pass your guard.



2- Your opponent attempts to pass your guard by coming up on their left foot to create space in front of their stomach. Note that they haven't secured your left bicep; this will help you when applying the choke.



3- As your opponent slides their arm between your legs, grab it with your right hand.



4- Now uncross your feet and twist anti-clockwise on your back, pulling on your opponents left wrist will help in this movement. You are aiming to lay your right leg flat on the back of your opponents neck. Also take their right arm across your body as shown, you want their arm in front of their neck.



5- Place your right foot under your left knee to secure the hold.



6- To apply the choke keep your left knee bent and place both hands on the back of your opponents head. Now pull down on your opponents head whilst pushing your hips up.

Rear Scissor Choke From The Guard



1- You have your opponent in your guard and are holding the left side of their collar with your left hand (fingers inside, thumb outside).



2- Grab their collar with your right hand (thumb inside, fingers outside) just to the left of your left hand.



3- Pull your opponent down to your chest with both hands. Uncross your feet (if using the closed guard) and put your right foot on the ground.



4- Put your weight on your right foot and left shoulder, lift your hips off the ground and take them to the right. Keeping your left elbow down, take your right arm over the top of your opponent's head.



5- Twist your right wrist clockwise and push your elbow down to the side of your opponent's neck.



6- Cross your feet again to put your opponent back in your closed guard. To apply the choke push your right elbow away from you.

LEG-LOCKS

Achilles' Ankle Lock From Inside The Guard



1- This leg-lock is applied as you escape your opponents guard.



2- Stand up and place your right hand on your opponents left knee. Push down here to cause them to uncross their feet.



3- Once your opponent has uncrossed their feet, take your right arm round their left ankle so the top of their foot is under your arm-pit. Your right hand should be resting on your chest.



4- Sit down so your opponents left leg is between your legs.



5- Take your right leg round your opponent's left leg. This foot is used to prevent your opponent from sitting up.



6- Place your left hand just below your opponents knee. Now grab your left wrist with your right hand as shown. To apply the lock, simply lean backwards.



7- A variation to the grip used is to hold your own gi as high as possible with your right hand.

Heel Hook



1- This move is applied from the same position as the Achilles' Ankle Lock. This is a dangerous move since it actually twists your opponent's knee instead of just causing pain as in the Achilles' Ankle Lock.



2- With your opponents left foot under your right arm-pit, place your elbow on the bottom of their foot with your forearm on the inside of their foot.



3- Place your left arm over the top of your opponent's leg and grab your right wrist as shown. To apply the lock, pull your right hand to the left.

Knee Bar From Inside The Guard



1- This leg-lock is applied as you escape your opponents guard.



2- Use the elbow drive method to apply pressure to your opponent's thighs. This should cause them to uncross their feet.



3- Now step over your opponent's left leg with your left knee as shown. Your left foot should be resting on their left hip and should stay there for the rest of the technique.



4- Hook round your opponent's left leg with your right arm.



5- Twist on to your left side and grab your opponent's leg with both hands as shown. Now arch back and push your hips forward.

Foot Lock Against The Back Mount

CAUTION: This technique is extremely dangerous. Some people will not feel any pain until their ankles actually break. You have been warned!



1- In this technique, your opponent has the back mount but has crossed his feet (something you should NEVER do from the back mount).



2- If your opponent has his right foot on top of his left foot, put your right foot on top of his (as shown). If it's the other way round, use your left foot.



3- Put your left leg over your right foot.



4- Now just lean back, raise your hips and push your left knee down. Even if your opponent has a perfect choke sunk-in, he will still tap before he chokes you out.

Leg Lock From The Half Guard



1- This leg-lock is applied when you have your opponent in half guard.



2- Take your left foot over your opponent's right leg and place it on the back of their knee as shown.



3- Now take your right foot over your opponent's right leg and place it on their ankle.



4- Use your left foot to push your opponent's leg up to get their ankle behind your right knee. Now pull your right foot in to apply the lock.