

A photograph of two individuals in black martial arts gi practicing a grappling technique on a grassy field. One person is on the ground, and the other is leaning over them, demonstrating a hold. The background is a blurred green lawn.

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Grappling Advice **You Just Can't Live Without**

by
Keith Pascal

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This book is designed to provide information about grappling self defense. It is distributed with the understanding that neither the author, the publisher, nor anyone involved with the book is engaged in the rendering of legal advice, or advice and expertise for your specific situation, environment, or set of circumstances.

Fighting is serious business. Such an action could result in legal consequences. You could also hurt someone permanently.

Services of competent professionals should be sought, to help you gain more expertise in judging self-defense situations and appropriate reactions.

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Grappling Advice You Just Can't Live Without

by Keith Pascal

(Please share this ebooklet with as many honest martial-artists as possible. Your friends and colleagues deserve to read this information.

May it prove to be a valuable resource.)



If You Grapple, Could This Happen To You?

I recently received a letter from a subscriber to *Martial Arts Mastery*, one of the longest-running free ezines on the Internet. He approved of the articles that had appeared in the ezine on grappling and avoiding grappling.

This martial artist told a recent tale of a grappling expert who picked a fight with a seasoned street fighter.

“The grappler shot forward, grabbing low for the fighter’s legs. The grappler grabbed ... and met a knee in the face.”

“Before he even realized that his lunge forward had been met with a knee strike, an elbow slammed down on the back of his head and neck.

“It was over.”

Why The Grappler Lost – A Good Lesson

Without being there and witnessing the fight, we can't tell exactly what went wrong for the grappler. We'd have to analyze the actual scuffle.

Since you and I can't see a recording of the fight, to see if the grappler made a mistake, let's assume that he didn't. For the sake of argument, let's pretend that the losing grappler did everything right.

If that *was* (correct use of verb) the case, then what happened?

It could be that what the grappler did was right, but what the street fighter did was *more right*.

Maybe the street fighter trains the way we do in our garage....

When I teach out of my garage, students often pair off. One student practices shooting for the legs of the other. First, we go for grabs just below the waist (and yes, we hit below the belt, too). Over and over. We vary the rhythm, so the attack is always a surprise.

We change distances.

Each partner takes turns grabbing for the upper legs. Maybe 20 repetitions.

As he grabs, the defender uses a combination of a knee and elbow(s) to ward off the lunge.

Once the students are comfortable defending against this grab, we lower the shoot forward. It's still a *vary-the-rhythm-and-vary-the-distance* game. Now, the attacker grabs for the knees. This new, lower level is worked to mastery. Another 20 repetitions. Then another variation and 20 more.

The defender always uses a knee and arms in tandem to stop the attack.



Next, it's a session of trying to drop the opponent by the ankles. This lunge is so low that an elbow follow-up won't work. A punch dropping from above is used instead.

Later, we change how the lunge is initiated. Sometimes the attacker punches first, then drops to shoot forward at the legs. Other times, the attacker starts with a *stop kick* to the knees, and then suddenly tries to grab right above the spot where he (or she) kicked.

Imagine Working These Exercises Hundreds of Times

Imagine hundreds of repetitions of countering against someone grabbing for your legs.

Next, imagine hundreds of these sessions over the course of a couple of years. You practice, practice, and practice some more.

One day, a real attacker tries to grapple you to the ground. This isn't a workout in a dojo, garage, or out on the lawn. This is serious.

He grabs for your legs ... just the move you have practiced countering thousands of times, for years.

**You raise your knee at just the right time.
Then, without thinking, your elbow comes
down between his shoulders in a solid
strike. One more knee strike, and a kick as
he goes down — now, where did those last
two moves come from?**

The Next Step – If You Really Want Martial Mastery

The title of this ebooklet is *Grappling Advice You Just Can't Live Without*.

Up until this point, it may seem like I was giving advice for those who wish to avoid the advances of a ground fighter. Well, guess what....

The advice I just gave is nothing new. As I said, it's the way I teach a small number of students. I am sure there are other martial arts schools that work different angles, timing, and variations of technique, making the grappling attacks and the counter strikes as real as possible.

And they work these countering hits to mastery.

Here is where this ebook takes a turn away from the normal.

This is where it gets good:

The Grappling Secret Revealed

If you want to become a great grappler, then you have to be smarter than the guy who is avoiding your dropping attacks (shoots and other techniques).

We happen to be focusing on one method of tackling — you should practice methodically as many strategies as possible for getting someone to the ground, including hip throws, hair pulls, and the like.

Understanding the point of contact better than your opponent will be your key.

It's the secret.

You know when to expect the knee to rise toward your hunched-over head. You know if you take your eyes off of the

arms above your head, you could end up with an elbow between the shoulder blades.

If knowledge isn't power, it's at least the basis for good strategies, wouldn't you agree?

If you know *how* someone is going to respond in a fight, and you know *when* the person is going to respond, I think you have two distinct advantages. In this respect, you have an edge in a fight.

So, practice what you will do if, when you shoot for the legs, your opponent tries to knee you and elbow you. Will you pat (or hit) his knee strike to the side and regrab the legs from a different angle into a grapple?

Are you going to stop the knee with a combination punch to the face and stomach, and then follow by grabbing the bent-over torso from the back?

Will you abandon the grapple idea and meet a knee with one of your own? Will your knee cut across your opponent's thigh,



giving him a *charlie horse*? Will you drop him from there, punching the entire time?

The key is to practice a few responses over and over again.

Remember the initial advice to the martial artist trying to avoid a grappler? He or she practices a limited set of grapple attempts with a set response or two. Each aspect is studied and practiced to mastery.

Now, it's your turn. Practice variations, so that you know how to *counter the counter* quickly and efficiently.

Every time someone lifts a knee at you, you will respond efficiently, quickly, and without thought. Your practiced-and-perfected skill will take control.

You try to grapple. You encounter a *small hiccup*. No problem. You adjust and continue the grapple.

And of course, the instant you have your opponent *downed*, you will flow into a natural joint lock. More on that in a minute or two.

Grappling Super Practice

Do you want to make sure that you can grapple even the best martial artists? How would you like to be able to drop anyone to the ground successfully?

Then make sure you practice against the best.

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