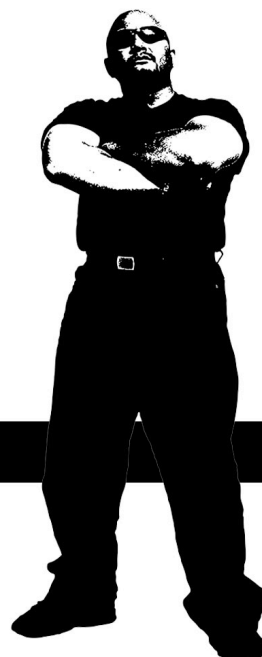


Cutting Edge Survival Strategies

FIGHT ON THE GROUND

From The Battlefield To The Street!



In Module 3 Of 6:

**The "MMA Myth"
No One Likes To
Talk About!**

**From The Cage:
What *REALLY* Works
For The Street?**

**When Brutal
Techniques
BACKFIRE!**

**"Secret Targets"
Few Men Even
Know Exist!**

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GROUNDFIGHTING!

You've heard it repeated over and over again: "85-90% of all street fights end up turning into a ground fight", right?

Who knows how accurate that number really is, but the fact is, "groundfighting" IS and always will be an important factor in surviving violence.

You see, the reason why so many physical encounters end up on the ground is due to our instinctual response to the inherent danger of close quarters combat.

Trading haymaker punches from arm's length away allows our body's visual cues to pick up our attacker's strikes. This helps us both avoid injury to our most vital areas by ducking or blocking while looking for our own openings to launch our own strikes.

But when the fight gets up close and personal, it's a whole other story. Our body senses this as the most dangerous scenario because we can't effectively defend our wide-open targets like our groin, eyes, throat, etc. when someone is that close.

Our natural response is to then reach out and grab our attacker, not only as a way to inflict damage, but also as a means of "protection" by taking away their striking ability.

The problem then becomes the "Average Joe's" complete inability to do major damage to an attacker when locked up in a groundfight. Most guys simply resort to high school level wrestling matches that have little impact on ending a fight quickly, and worse yet...open you up to other dangers.

IS GROUNDFIGHTING EFFECTIVE?

Despite the claim by "standup fighters" that grappling is less effective at close combat than other systems, the bottom line here is that because of the probability of a fight going to the pavement, a skilled groundfighter can easily take out a single opponent. This is something made only too obvious in the early days of the Ultimate Fighting Championship.

The Ultimate Fighting Championship (UFC) is the mixed martial arts (MMA) competition that, arguably, brought sport combat fighting (once so relatively free of rules that it was condemned as "human cockfighting" in the news) to the attention of both sports fans and students of self-defense.



While beginning bouts were largely made up of knuckle-dragging barroom brawlers and standup martial arts experts, the UFC quickly came to be dominated by *grapplers*. This is because those who train in striking arts like Karate and some Kung Fu systems are typically very weak in groundfighting and grappling skills (if they train such things at all), so the grapplers had the strikers for lunch.

It didn't take long before martial arts systems like Brazilian Jujitsu, which is probably the most widely used martial art in the MMA world, became increasingly popular, keeping pace with the rise in popularity of MMA in general. As more and more young men (and women) flock to mixed martial arts, the self-defense and martial arts scene in this country (and elsewhere) has seen a remarkable surge in training in groundfighting.

But is grappling and groundfighting really the self-defense powerhouse it's been built up as?

Maybe...

MIXED MARTIAL ARTS VERSUS CLOSE QUARTERS COMBAT

The purpose of this training module is *not* to bash MMA or fighting systems like Brazilian Jujitsu that have become so popular. It's also not the case that these systems are "worthless" for the street. Many of the skills these systems teach, for getting position while you're groundfighting, putting a hurt on the bad guy when you're clinched up or grappling with him, and otherwise taking someone out and down (many times while you're still on your feet) are very real and very valid.

In fact, while many survivalists dismiss grappling as only a "sport art", they miss out on a foundational principle of protecting yourself...to defeat your enemy, you must know your enemy! Therefore, going back to WHY so many fights go to the ground, you need to understand that even if you want to keep the fight on your feet, it's highly likely that the person you're fighting will instinctually reach out and wrap you up and take you to the ground involuntarily...and you'd better have a true understanding of this "battlefield" if you hope to dominate it.

However, where mixed martial arts falls short in relation to surviving a real assault is not in the "techniques" necessarily...but in the mindset.

You see, the mindset of sports is to win a *contest*. But on the street, it's not a duel. It's an exercise in brutally stopping a bad guy from having his way with your family or with you. And to "win" this type of a "contest", you've got to get downright mean and nasty when you hit the ground!

Why? Because it's the most dangerous scenario you could ever find yourself in when it comes to real violence on the street!

DANGERS OF GOING TO THE GROUND

Fighting on the ground, or simply falling onto the ground for that matter, is extremely dangerous. The first of these is simply the terrain: the ground, unless you fall onto a soft, grassy field, is very hard. If you fall onto a paved surface or, worse, you hit an irregular hard object like a curb, you could be very badly

injured. You could be knocked unconscious, crippled, or even killed depending on how you hit the ground and on what you land.

I know this from personal experience as the only time I've ever been knocked out in a street fight is once when I fell backwards in a parking lot and hit my head on a curb (as later recounted by my friends who were observing and made sure I didn't get killed after I was unconscious).

I woke up a few hours later lying on a desk in the police station with a big lump on the back of my head and the realization that it wasn't my opponent's strike that knocked me out cold...but rather I was beaten by my environment.

Yes, the hard, unforgiving ground is itself a *weapon*. If your opponent throws you or somehow gets you onto the ground, the impact itself is like being struck with a club. The difference is that it's a club that can hit your entire body at once, if you fall that way.

Even if you aren't seriously injured, there are a lot of terrain hazards on the ground that can hurt you or simply distract you while you're engaged in a fight. Broken glass, gravel, rocks, and random litter could cut you, scrape you, or do worse to you while you're grappling with someone.

Once you're on the ground, even if you're not hurt, you have other problems. For one thing, your mobility is close to zero. Yes, even if the attacker is on top of you, you can roll this way or that, or turn onto your side, or scoot around on your back... but compared to how mobile you are when you're on your feet, you're pretty much stuck.

Not only are you not very mobile on the ground, but you can't really *see* either. Your visibility is cut significantly and it's hard to see what's around you and, worse, it's hard to see *who* is around you. If there are other enemies moving in to stomp you, you won't see them until it's too late.

Another common element we've seen over and over again in real attacks caught on video is that when an attacker is in an adrenaline-charged state and you're lying huddled up in a defensive "ball of mercy", waiting for the beating to stop...it typically doesn't!

Even victims lying unconscious on the ground are continuously worked over, utterly defenseless, as the

attacker's "monkey brain" continues to unleash the violent chaos it's subconsciously locked in. What makes this even more dangerous for you is the probability (I didn't say possibility...I said probability!) that others around you will join in the fight, especially when you have no way to fight back.

Yes, the problem of multiple attackers is probably your most important concern when considering groundfighting and self-defense. It's a fact that a street criminal will pick a time and place that is to his advantage. In other words, he'll stack the deck in favor of himself. That means that if he can take what's yours, hurt you, rob you, rape your wife, even kill you, he'll do it when you least expect it — and he'll do it when he has help. He'll attack when he outnumbers you. It's much, much harder to stop a group of attackers than a single street thug, and the thugs themselves know this.



When a pack of people jump you, it gets ugly very fast. If you're lucky, you'll only get stomped, but that can kill you if you get kicked in the head or take repeated blows to the body. If you're really unlucky, you'll get stabbed or beaten to death with a tire iron, a baseball bat, a chair... whatever's handy could come into play.

The only real chance a *citizen defender* has against a group of criminals is staying on his feet and mobile, so that he can position himself in a way that causes the attackers to get in each other's way. By moving constantly to put one or more of the attackers between

himself and the rest of the attackers, the defender can help reduce the odds against him temporarily. This is impossible to do from the ground.

AVOIDING GOING TO THE GROUND

Given the dangers of the groundfighting environment, especially when the possibility of multiple attackers is part of the problem, one point should be very obvious: *In a real-life self-defense scenario, you must avoid going to the ground if at all possible.*

There are a few different ways you can try to avoid this scenario, the first of which is in the "pre-fight" portion of the encounter. This is the phase where you determine that bad things are about to happen. Your primary goal at this point is to diffuse the tension and creating distance between yourself and your attacker(s). This is as simple as staying in motion, moving around obstacles and behind them, backing away from, or simply leaving, the brewing altercation.

Put as much space between you and your opponent as possible, even if it's not really an option to leave completely. The more physical distance between you and the attacker, the less chance he has of "shooting in" to try and take your legs out from under you and take you to the ground.

As part of maintaining space between you and your attacker, get your hands up and in front of your body. This hand position goes by different names, but is most often called the "fence." Keep your hands up and in front of your body with your arms outstretched, elbows slightly bent to create a barrier between you and the other guy. You're basically using body language and your physical self to enforce your personal space.

When you combine your hands-up stance with appropriate verbalization, this looks very good for witnesses, too, because it makes it clear in their minds that you're the victim. Think about that for a minute. You get your hands up and say, "Hey, man, I don't want any trouble. Hey, now, please, don't come any closer. Let's not get excited here..." It doesn't really matter exactly what you say as long as it's clear you're trying to defuse the situation with your hands out and up.

Another trick to look out for is the “sucker distraction” where your attacker will try to engage you in conversation in order to get your mind working on a question. That way, he can distract your attention and it’s that much easier for him to sucker punch you, or for his hidden buddy to jump you.

Don’t listen to anything the attacker has to say. When he starts talking, ignore the noise coming out of his mouth. Don’t even let your brain process it. What’s important is not what the attacker says, but what he *does*. If he continues to try and approach you, even after you put your hands up and out and start asking him, then telling him in no uncertain terms to *back the fuck off*, it’s clear he’s trying to reduce the range so he can shoot in, hit you, or do something else bad to you.

With your hands up and out, maintaining space as best you can, verbalizing that you don’t want any trouble, asking and then telling your attacker to back off, you’re in a great legal and physical position to defend yourself if he does complete his attack on you.

Specifically, if he tries to shoot in and take you down by diving in and grabbing your legs out from under you, push down on his head as he comes in. If you can sidestep and do this, or sidestep and punch him in the back of the head, so much the better. It takes quick reflexes to pull this off with a neat side-step, but almost anyone can at least jam on the attacker’s head and push his face into the ground as he tries to come in.

This will short-circuit his shoot and put you more or less on top of him in a dominant position. You can do your best to put a beat-down on him while regaining your feet fully and getting the hell out of there while he’s still on the ground.

KEEPING AN ATTACKER AT BAY

In this first scenario, you’ve been knocked to the ground and your attacker is still on his feet, looking for an opening to.

Therefore, the first thing you have to do is try to keep your attacker off of you. This is where your kicking techniques come in handy...



As your attacker tries to come in on you, turn slightly onto your side, pivoting on your upper body to allow you to spin in a circle to quickly change direction if needed.

As your attacker tries to maneuver around you, spin to the left or to the right on your side, always keeping your legs oriented towards the attacker.

From this position, keep your “top” leg cocked back as this is the leg that will have the most mobility and power if you need to kick from this position.

When the attacker gets in range, kick him as viciously and as quickly as you can, over and over again in a piston-like motion.

Target the knees if you can, to limit the attacker’s mobility. If you can’t reach the knee, go for the shin or even the ankle.

As soon as you have the opportunity, get back to your feet. The opening might come as you make some more distance between you and the attacker by kicking him, or you might get lucky and actually bring him down with a good kick to the knee or ankle. All you need are the precious seconds necessary to get back on your feet.

You just have to give the attacker something to think about for that short amount of time. Remember, if you try to get back onto your feet without doing something to him first, without getting the right

opportunity or opening, he'll come in on you while you're trying to get up.

YOU'RE ON THE GROUND! NOW WHAT?!

As discussed, it's not always possible to avoid getting taken to the ground. So when you're there and you're attacker is all over you like "white on rice", you damn well better know what you're doing!

Remember, your main goal is to do as much damage as possible...as quickly as possible...and get to your feet to either escape, continue your attack from a more superior position, or defend against multiple attackers. To accomplish this, you have to get downright mean and nasty!

Fortunately, this is where we CAN learn a lesson from the UFC and mixed martial arts. You see, as MMA became popular, it was inevitable that a long list of rules would be added to it.

This is one of the reasons that contemporary mixed martial arts sports events aren't reality-based self-defense. In a fight for your life, there are not and there can be no rules, no room for mercy, and no leeway given to someone who is trying to take your life.

So as survivalists, we can look at these "rules" that outlawed techniques that were simply too brutal for even bare-fisted cage matches as a roadmap to devastating a violent street criminal when the attack hits the dirt.

There is, after all, a reason those techniques are banned: *They do real damage.*

And this is where mindset becomes especially important. The idea of "fighting dirty" isn't new to most of you reading this. There are, however, some people who still have outmoded ideas of fighting fairly, or fighting "with honor," or fighting in a way that makes them look and feel "manly". In other words, there are things they won't do because they consider those things cowardly, or not manly enough. "I wouldn't do that," these folks will say of techniques like, let's say, scratching out an attacker's eyes. "That's fighting like a girl."

Well, in real self-defense, when you might have to fight for your very life for the lives of your family members, there's no room for your ego and there's no room for what you want other people to think about you.

When it's life or death, you'll use absolutely any technique that you can to stop the attacker. If he's hurt, if he's maimed, if he's killed... well, those are his problems. He shouldn't have tried to hurt your family. He shouldn't have tried to take your life.

Teach him that lesson. Teach him a thing or two about "fighting dirty."

TOO BRUTAL FOR THE CAGE... PERFECT FOR THE STREET!

The following are "illegal" fighting techniques banned from UFC bouts. Let's now flip these around and look at how YOU can use them to survive a ground assault...

Head-Butts – The bony part of your skull makes for a very effective battering ram when striking vital targets on your attacker. In addition, In the close quarters of a groundfighting scenario, your skull might be the *only* weapon you have free to hit the other guy.

If you're pinned on the bottom, use this technique when you have a superior position and your arms are wrapped up too tight to effectively strike. Simply drive your head onto his face using the top center part of your skull, the place where you would head a soccer ball.

If pinned on the bottom, the head butt is a bit more difficult to pull off...but not impossible.

The secret is to get your attacker pulling his body away from you rather than just trying to pull his face into your head.

To do this, grab his head with both hands and try to push his head away from you. His natural instinctive reaction is to try to fight you by pushing his head toward you, the opposite way you're trying to take him.

Using his body's own forward momentum, quickly go from pushing his head to PULLING it straight down while you tuck your chin into your chest. The combination of his own forward momentum with your quick pull will create a devastating smash to the face that could end the fight right then and there!

Another option for you is to use the top of your head to grind your skull into his face to get him to turn his head. This could offer you some better targets for striking or grabbing his trachea or carotid artery for a fast choke.

Eye-Gouging – One of the universal vulnerable points of the human body is the eyes. No matter how big or how strong an attacker may be, he will never be able to make his eyes any less vulnerable to a vicious gouge or even a simple finger flick or poke.

Shoving your fingers into his eyes is one of the most effective and brutal things you can do when you're fighting for your life. Yes, it's a horrible and nasty technique that can do real permanent damage... but in a fight for your life, attacking the eyes is one of the most effective things you can do if you can get your hands on his face.

To perform the eye gouge, place both hands on the side of your attacker's head and you'll find you can naturally feel your way with your thumbs to the bridge of your attacker's nose. From here, your thumbs will be in perfect position to dig into the eye at the tear ducts and scoop in and out.

Remember that you could be doing real, permanent damage here. You could be blinding the attacker when you perform this technique. If you're not truly in fear for your life, if this isn't really a life-or-death scenario, you'll be staring down the barrel of a lawsuit faster than you can say "eye gouge."

An alternative weapon to use against the attacker's eyes is to simply take your fingers and rake them across the opponent's eyes with your hands in a "claw-like" position. This will cause his eyes to water and will startle him, taking his vision and his focus temporarily.

With all eye gouges, realize that your attacker is not just going to hold his head steady while you scoop out an eye ball like a mellow-baller. We're hard-wired to be alarmed when something touches our eyes or

otherwise takes our sight, especially if there's pain involved so you have to act very quickly and viciously to make them work.

Biting – Ever been bitten by a two year old with an attitude? Yeah...it hurts like hell doesn't it? Well when a grown man plants his teeth in you with intent to hurt you *bad*, he can tear off parts of your body that you'll miss for the rest of your life.

Sure, biting is crude. But sends an instinctive reaction of terror into your attacker because it's such a ferocious thing to do that they may assume you're too damned crazy to deal with.

If you doubt this technique, look for the 1997 Mike Tyson – Evander Holyfield fight video online and you'll see Holyfield's reaction as Tyson takes a chunk out of his ear. Holyfield's instinctual reaction was to separate quickly and get as far away from Tyson as possible.

But if you see this fight, you'll also note that Holyfield goes on to fight and is more pissed off than ever...so don't consider biting a *fight-ender*. Use it as dirty tactic to get out of a worst-case scenario or to create an opportunity to escape.

Targets for biting are "sensitive appendages" such as nose and ears, the throat, and while you may snicker, the groin! (Again, if it's not a life-or-death/rape scenario, it may be harder to pull this last one off without some undue criticism post-fight.)

Hair Pulling – The ancient Romans cut their hair short to prevent an enemy from using their long hair as leverage in a close-quarters fight. They knew even then that if an enemy got control of your head by using your hair as a handle, bad things could happen to you. This can happen in groundfighting quite naturally.

If your attacker has hair and you can get to it, get a handful! For the best effect, you need to try to grab the hair at the sides of the head and as close to the scalp as possible, which is much more painful and provides you with more leverage.

If you can, reach around the back of the head, grab a handful of hair on the opposite side, and twist the attacker's head backwards to pull him off you. When you control his head, you control his body and with this movement, you can easily take him from the top

mounted position to flat on his back at your side in a split second.

Another option is to grab the hair on both sides of your attacker's head and pull their face into the crown of your head for a head butt as described previously.

And of course, if you're in the top position, grabbing the hair on both sides of the head can give you leverage and control you need to slam your attacker's head repeatedly into the pavement. Realize though that this is beyond a "fight-ender" and has lethal consequences.

Several years ago there was a "hockey dad" who did this to his young son's coach over an argument they had after a practice and the father is now sitting in prison for murder instead of attending his son's hockey games and watching him grow up to be a fine young man.

Fish-hooking – Even from the earliest days of the UFC, fish-hooking was not permitted. This technique refers to hooking your finger into some part of your opponent's body (his mouth, his eye socket, etc.) and tearing it out.

We've already gone over eye-gouging but just as effective is using your attacker's mouth to inflict some horrific damage. In fact, this technique works incredibly well when you're pinned on the ground with your attacker on top!

One way to use this is similar to the hair-pulling technique. Reach with one hand around the back of your attacker's head and get two or three fingers deep into the side of their mouth to "hook" their cheek. (Don't worry about getting bitten...you'll be done before he even gets a chance.)

From here, yank back and twist their head, easily pulling them off of you while ripping apart the side of their mouth at the same time. This will create intense pain, more than you can realize, and a LOT of blood! More importantly...it will take you from getting the shit kicked out of you on the bottom of the fight to being the one on top, ready to decide the end of the attack!

Yet another "fish hook" option when you're on the bottom is to drive both of your thumbs into each side of your attackers mouth along the outside of his teeth.

From here, quickly wrap your fingers around the back of his neck and pull your thumbs apart.

By the time you get your fingers to the back of his neck, you'll have already split both sides of his mouth that will require several stitches if he's stupid enough not to quickly jump off and get the hell away from you. Try this on yourself right now and you'll feel EXACTLY what I mean with just the slightest amount of pressure.

Groin Attacks - Your opponent's balls are another of those universal weak points.

Most of us who've been struck solidly in the groin know that the shock to your most sensitive nerves is like throwing a gigantic "off" switch to the body.

It's not a magic target, but it's nowhere you want to get punched or kicked.

If you're on top in the groundfight, you'll find plenty of opportunity to punch down into your attacker's groin or even lower abdomen where his bladder is.

In fact, one of the more common mixed martial arts defenses is for the guy on the bottom to wrap his legs around the superior opponent's waist to get some control over not being mounted.

While in the octagon, the superior opponent isn't allowed to strike the groin, in a street attack, if your opponent has his legs wrapped around your waist, it's nothing for you to stand up, lifting his hips off the ground, and repeatedly hammer-fisting down into his cajones. He has no defense for this and he'll quickly unwrap your body, allowing you to do a quick foot stomp to another target and escape while he's writhing in pain on the ground.

Also, one of the biggest mistakes men make once they do have a superior position on top, especially when to the side of your attacker, is they focus so much on pounding away at the head of the guy on the ground.

If you manage to gain this much offensive advantage, you'll waste a lot of energy and time attempting to punch his head as he covers up to avoid being damaged.

What most guys miss is that while he has both hands covering up his head, he's leaving his lower extremities completely exposed. Rather than 8-10 ineffective punches bouncing off of his arms and elbows covering his head, why not just get once well-placed hammer fist to his exposed groin to take him out of the fight and allow you a hasty retreat?



If you're on the bottom of a ground attack, the groin is actually one of the easiest targets to reach and utilize to turn the fight in your favor...

When you're in that worst-case scenario where your attacker has mounted you and is pummeling your head with both hands, use one arm to wrap around your head for momentary protection while your other hand reaches for your attacker's balls.

Those things can move around quite a bit so grab as wide and as close to the body as possible to get a handful of his manhood and then squeeze as hard as you can while twisting and pulling.

He's going to naturally try to yank your arm away and actually from his superior position, he'll be successful at it so this is not a way for you to end the fight from the bottom. However it will allow you to gain a slight advantage for shifting your position and getting out from underneath him while he attempt to distance himself from your ball-crushing grip.

Shoving Fingers Into Wounds – We talked about fish-hooking, and this might seem redundant at first. When you talk about shoving your finger or fingers into a laceration or other wound on an attacker, however, you're doing something much, much worse than simply fish-hooking.

Deliberately ripping open a wound that has already been created in your opponent is something that only the strongest-willed of defenders would be willing to do. Let's be honest; it's kind of sick, and it's more than a little *sickening*. In most cases you really want nothing to do with your attacker's blood, either. If there's a cut or sore or any other opening in your skin, you don't want to be bathing your fingers or hands in the bad guy's bodily fluids if you can help it.

In a life-or-death situation, though, you've got to do what you've got to do, no matter how gross, no matter how brutal. If it's coating yourself with the other guy's blood or losing your life, or if it's that or seeing your wife raped, you'll do it and you'll do it as viciously as you can.

Obviously, shoving a finger into an open would will cause pain and trauma to the opponent. There's no telling just where that wound might be; in a fight, people get cut, and sometimes they bring preexisting injuries to the scenario. If you can reach a wound and there's no other choice, the pain you can inflict in this way might distract the bad guy long enough to create an opening for you.

That opening could be for a counter, to get a better position, to get to your feet and escape... whatever. When you're rolling around or grappling with someone at close quarters, opportunities to inflict this kind of damage are frequent.

Small Joint Manipulation – Some of the locks and submissions that UFC fighters use can break a man's limbs if the opponent is too stubborn to "tap out" and give up the fight. Applying techniques like these to the most vulnerable joints of your body, like your elbows, your knees, and your wrists, could leave a person permanently maimed. If you have ever known someone who had to undergo knee surgery, you know how delicate such joints can be. But if you're fighting for your life and you have the opportunity to permanently deny your attacker the use of his hand or his arm, you'll do just that.

The fingers are a great small joint that you can target even from the ground. Your attacker is grabbing and holding you, most likely. That means his hands are on you, and his fingers very often will be vulnerable. The fingers only bend one way, so your goal is to bend them every way that they don't.

Wrap your hand around any finger that's available. Pinkies are frequently easy targets. Snap that finger! This will usually take the attacker out of the fight. Try for his dominant hand, if you can, which will often be the right hand. It's possible to learn to read a person to determine which hand is their favored one; training in wrestling over time may help you develop this people-reading skill.

Striking the Spine or the Back of the Head – A strong punch to the back of the head at the juncture of the spine and the head can kill you. Not long ago in the city of Rochester, NY, an ex-con, angered over a softball game in which he participated, punched another player in just that spot. The man who was punched died. One punch... and it killed him.

If you're on your back on the ground, your own head and spine are protected from attacks from behind... or so you might think. A well-placed hook from an attacker who has mounted you could plant a fist right where you don't want it. The same goes for you; if he's not careful, you could slip a hooking punch in and around the back of his head. If you're in the mounted position, of course, the two of you switch roles.

Remember that the ground, especially hard, paved ground, is a weapon. If you plant the back of the attacker's head or his spine into a curb, into a hard piece of furniture, or onto asphalt, this could be as effective as punching him there... if not more so.

There is no overstating just how serious it is to target the back of the head like this. Understand that if you do it, you're performing a potentially deadly technique. If you're not justified to take the attacker's life, you shouldn't be striking there.

If it's life or death, though, that's another matter. If that target presents itself while you're grappling with the enemy, don't hesitate. Take it. It's him or you.

Striking Downward with the Point of the Elbow – The point of the elbow is one of the natural weapons of

the human body. Combined with gravity, it is almost like a giant knife attached to your arm. You can do pretty serious harm to a man by hitting him with all your weight with a downward elbow.

Using the elbow when you're grappling from above is pretty obvious. You're on top of him, with ready access to whatever targets are below you. You can drop your elbow on him pretty much at will, and even if you miss a vital target, well, hey, it's your elbow. You can pretty much hit him anywhere and it will hurt very badly.

From below, you can still use your elbows, though it's a little more difficult. With the attacker on top if you, throw your elbows up or across your body in tight, sharp movements. Picture your elbow as a knife and try to cut pieces out of the attacker's face with the motion of your elbow.

Keeping the motions small and tight helps minimize your vulnerability (it gives the attacker less opportunity to hook your arm and do something bad to you) and it keeps your elbow strikes fast and sharp. Hit again and again if you can bring your elbows to bear on the opponent from below. Each individual elbow will be less powerful than an elbow dropped from above, but throwing a lot of them in rapid succession will help make up the difference.

Striking the Throat – There's a very good reason striking the throat, including grabbing the trachea, is illegal in the UFC. Doing this can kill a man. Crushing the throat/trachea with a solid blow is every bit as deadly as grabbing and squeezing the trachea, if you do it hard enough, or if you do it and keep doing it.

This is one of the reasons you must be very careful not to let an attacker get his hands around your throat in a fight, and it's one of the reasons we train to protect the throat and neck area during close quarters combat.

When you're on top in a groundfighting situation, you'll have plenty of chances to strike the throat. (While grappling with each other, you and the attacker are both within range to *grab* the trachea. Keep that in mind.) When his head comes up and his chin comes up with it, you'll have your opening and you can drive a punch in there.

Because of the narrow window between the chin and the torso, the throat has a certain amount of natural

protection. Using a “leopard paw” type strike, in which you strike with your fingers only partly closed and use the middle knuckles of your hand as the striking surface, helps make your striking hand more narrow so you can get it in there to hit the throat.

If you can get one hand wrapped in his hair as previously described, you can also wrench his head to the side or to the back in a way that exposes his throat and gives you a chance to punch it. This works from either the top or bottom position.

From the bottom position, you will often be at a disadvantage of reach, if he’s mounted you and is keeping you from getting your arms up and your natural weapons through his centerline.

To get to his throat, tuck your chin into your chest for protection and grab his shirt with both hands. Then “climb” your way, hand-over-hand up his body keeping your head close to his torso, until you can reach up with one of your hands to get the back of his head. You’re now in perfect position to grab his trachea with your other hand and squeeze.

Your other option for a devastating technique from the bottom or the top, is to dig two fingers into the center of your attacker’s trachea. The way to do this is to feel your way to the small “notch” at the base of the throat and with one hand on the back of his neck (if possible), dig your fingers in and then down for instant effect.

Clawing, Pinching, and Twisting Flesh – A good tiger-claw to the face will stop many very “tough” attackers. It’s easy to do and, when you’re grappling, you’re at the right range to do it. It doesn’t matter if you’re on the top or you’re on the bottom; whatever’s available is something you can claw, pinch, twist, or whatever else you can think of to do.

These types of attacks usually aren’t too damaging, unless you get the eyes, but the pain they cause is distracting. In any groundfighting situation, distracting the attacker helps you gain (or keep) the better position (and this leads to you getting back to your feet and countering or escaping).

One thing you can do almost anywhere, from any position, is grab a handful of skin. It doesn’t matter where that skin is located; grab whatever you can. Dig in, twist, rip, and tear. It sounds awful because it is.

Try it on yourself right now. Grab a handful of skin on the side of your upper body and twist and then use your fingers to pinch your inner thighs. You’ll instantly realize the pain you create to create some space to counter, move into a better position, or pull yourself to your feet if you’ve been pinned.

Grabbing the Clavicle – The clavicle is the “top” bone that runs from your shoulder to the front of your neck and is almost like a giant handle in the torso. Grabbing it through the attacker’s flesh is not just painful; it gives you leverage to move him around.

From the top, you’ll most likely be much more focused on striking the opponent than on trying to reposition him because, well, you *have* position. However, grabbing his clavicle with one hand, digging your fingers in really hard, you can keep him unfocused and in position while you pound him with your free hand.

From the bottom, the roles are reversed, and now you want to reposition the attacker. As soon as you can snake your hand up the center of his body, dig your fingers in as deep as possible into the front of his clavicle. Push your fingers in and down to pull his body straight down towards you rather than to the side where your fingers will slip out. With your other hand, reach up to either push on his head to lever him off of you or grab the trachea or carotid artery to gain the offense.

Kicking, Kneeing, and Stomping a Grounded Opponent – All of these techniques are brutal because they deal great damage to a foe who can’t really fight back or protect himself.

Often, in a self-defense situation, you’re not legally justified to hit someone who’s already down (and therefore probably not a threat anymore). There’s a famous shooting case just now being debated in the news: In Oklahoma City, two teenagers armed with guns tried to rob a pharmacy. The pharmacist was armed with his own legal firearm.

The citizen legally defended himself but, in an act that is causing a heated debate, he pumped several rounds into one of the fallen would-be robbers after the fact. He’s now charged with a very serious crime, and people on both sides of the self-defense debate are arguing over whether he could ever be justified in shooting an attacker who was no longer a threat.

Kicking a downed opponent or otherwise dealing serious harm or injury to somebody who can't fight back will look very bad for you in a court of law. There's one case in which you might be able to justify such a finishing technique though, and that's when you have no choice but to make sure the guy's down because there are *other* guys still hoping to kill you.

If you are fighting multiple opponents, you have to neutralize, ruthlessly and finally, each opponent in turn. In that case you just might have to strike someone who is down in order to make sure he can't recover and join his buddies in the fight again. Stomp on unprotected joints like his knees or ankles to break these vulnerable bones and remove his "structure" for standing.

Heel-Kicking the Kidneys – The kidneys are a very vulnerable organ, positioned as they are. A solid blow to the kidneys can have you pissing blood for some time, if it doesn't do other more serious damage. Kidney punches are not allowed in boxing for this reason.

When you're groundfighting with someone, if you're on the bottom and have your legs wrapped around your attacker's waist, try kicking backwards with your heels into the area on the back sides of his waistline where his kidneys are located.

From the top, your best position will be if you have a "side mount" position or if your attacker rolls over on his stomach, giving you a great opportunity to piledrive an elbow deep into a kidney for a fight-ender. For maximum power, concentrate on driving your elbow through your attacker's body as if you were going to be coming out the other side.

Spiking an Opponent to the Ground on His Head – Forget how "safe" it looks in professional "stage" wrestling where each costumed "actor" follows a scripted move. Dropping an attacker onto his head or neck could cripple or kill him.

While you're grappling with someone, unless you're the Incredible Hulk, it's not likely that you'll be able to surge up from beneath him, pick him up, and drop him on his head. If you could do that, you probably wouldn't be in the bottom position to begin with.

If you're on top, you have position and thus you can choose to grab hold of the other guy, push up with your legs, and lift the opponent's lower body. As you push to your feet (holding him like a wheelbarrow) you can actually dump him onto his head or neck, hurting him very badly.

Throwing an Opponent out of the Ring – This rule was created because of the damage that could be done from falling off of the raised fighting ring or into other objects. But in the groundfight, I translate it to "use your environment"!

For example, if you're in a parking lot and on the ground, roll your attacker so you can shove his head wedged under a parked car, using his chin as leverage. This will severely limit his mobility and open up additional targets.

If you're near a road and in a life-or-death struggle, use your feet to push your attacker off of you if possible...and into oncoming traffic.

Of course the circumstances and environment will dictate the possibilities, but always think about what's around you and what you can use as a "weapon".

No Weapons – Obviously, there are no weapons allowed in a formal mixed martial arts tournament. But in the street, you have more weapons than you may realize.

If you carry a knife for self protection, it's often easy to forget that you have it because you're so focused on "wrestling". In fact, unless you know you have the opportunity, it's not even advisable to go for a knife if you're on the bottom and your attacker is pounding away at you. The chances of you losing your weapon are high and you don't want to give him or his buddies a chance to get it and use it on you.

However, if you're on the bottom and have him "wrapped up" and can reach a knife, this is a good time to do it...as long as this really IS a life-or-death encounter!

Besides a knife, feel around with your hands for any "weapons" that may be in reach. It could be a rock you can use to pound into his head or a stick you can dig into the side of his body, his neck, or an eye.

Holding the Shorts or Gloves of an Opponent –

Fighters locked in battle on the street typically have much more clothing than opponents in a ring and this provides you with leverage and opportunity in a groundfight.

As discussed earlier, if you're on the bottom, grabbing someone's shirt with both hands and "climbing" up their body will quickly get you in range of their throat.

You can also reach around the back of their head with one hand and grab the opposite side of their shirt to twist backwards and pull them off of you or wrap up their neck for a choke.

Another dirty trick in the street if you have the top position is to yank down the pants of your attacker. It's not a fight-ender in a life-or-death struggle, but a lot of gangbangers wear their pants loose enough to see the crack of their ass (or you may be fighting a plumber?) and pulling down their pants will decrease their mobility and possibly open up a head shot if they try to pull them back up with both hands.

Holding the Ropes or Fence – Presumably this gives a UFC fighter unfair advantage in the fight, giving him something to use to anchor himself. You'll use an anchor in a real fight if you need to do it and there is one to be had.

For example, if you're in an urban environment or indoors and you can grab a piece of furniture or a fence or even a nearby cinder block, it may be possible for you to stop the attacker from gaining position because he can't drag you to where he wants you.

Bracing yourself against some barrier, obstacle, or other piece of the environment can give you a more solid platform from which to hit the bad guy, too.

Also, one of the advantages of grabbing a stable object when you have the top position is to get more power into your strike. By grabbing something like the fender of a car, a fence, a small tree, or fixed pipe, you can pull your body in at the same time as you punch to greatly increase the power of your strike. This works incredibly well with both hand and elbow strikes as well gaining leverage for powerful knee strikes.

Timidity – The UFC rules describe "timidity" as "avoiding contact with an opponent, intentionally or

consistently dropping the mouthpiece, or faking an injury."

For our purposes, this "timidity" could be considered "psychological warfare." The point in the UFC is that good matches shouldn't involve opponents tricking each other into thinking they can't fight, only to come back at them when they least expect it. It's a way to stop the contestants from "gaming the system."

In a street fight, you want to "game the system" if it's possible. You want to trick the other guy. If he doesn't know the true extent of your ability to keep fighting him, or if he thinks you've given in when you really haven't, you can hit him when he least expects it.

It might be possible, in a groundfighting situation, to "play weak" in order to make the bad guy think he's choked you out. Once he relaxes his grip, even just for a split second, you can shove a thumb in his eye and bring the beat down to him... but this is a risky game. Any sort of "playing possum" in a street fight runs the risk of being tested. If the bad guy decides to call your bluff and, say, take a few free kicks to your head in order to make sure you're really down and out, you could find life imitating your bad acting in pretty short order...so don't "play dead" defenseless on the ground.

The bottom line is that "acting" in a street fight, or deliberately trying to make the opponent think you are weaker, more timid, more scared, or more defeated than you are, is a very valid technique for exploiting his overconfidence.

Miscellaneous Nasty Tactics

Pressure Points – There are plenty of pressure points on the human body that can cause intense, debilitating pain to help you get out of tight spots on the ground. For example, if you're pinned on your back, grab the attacker's chin with both hands and bring your fingers in behind his jaw where it meets his ears.

Dig your fingers in HARD, like you're trying to make a fist around his chin and jaw. Simultaneously, as you squeeze with all your might, twist his head to roll him off you. It's painful, it's brutal, and it works

because of the pressure points located where the jaw meets the ears.

Other methods include twisting one of your knuckles into his ribcage as if you were trying to drill a hole through his body. This technique works equally well from the bottom as it does from the top.

Using Your Chin – Your chin can be an incredibly powerful weapon when you're locked in tight with your attacker with no way to free your hands, elbows or knees to get in some good shots.

Whether on top or on the bottom, work your way to your attacker's head and, grabbing it with both hands, grind your chin into his eye socket as deep as you can. The natural "pocket" of his eye socket and the shape of your chin will make it difficult for him to maneuver out of this brutal attack!

Other areas you can target with your chin are the side of the neck and even the rib cage if you find yourself pulled in close to his torso.

Ear Pulling – I couldn't explain to you the scientific reason why our ears hang outside of our heads...but I do know they make great handles for destroying an attacker on the ground!

Grabbing an ear with one hand and pulling gives you an alternative to leverage their head and body when your attacker doesn't have enough hair to grab. As with the hair-grab, hold tight and pull hard to take their body wherever you want it to go.

By grabbing both ears, you can easily twist their head and body and cause intense pain.

"Now remember, things look bad and it looks like you're not gonna make it, then you gotta get mean. I mean plumb, mad-dog mean. 'Cause if you lose your head and you give up then you neither live nor win. That's just the way it is."

Clint Eastwood in "The Outlaw Josey Wales"

**Ground Choke Defense Courtesy Of Moni Aizik
At www.CommandoKravMaga.com**

Position your heels between attacker's legs



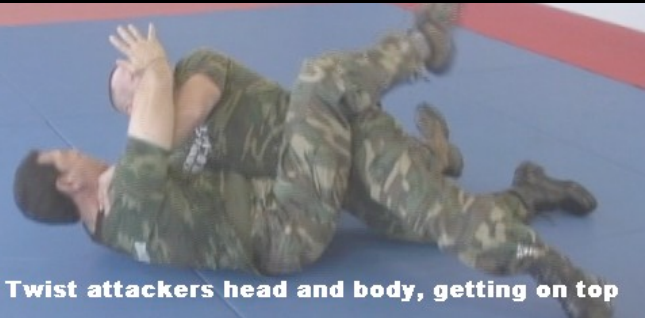
Kick attacker's legs out to bring him close



Grab head with one hand on side/one under nose



Twist attacker's head and body, getting on top



Push off of head to jump and stomp



A “FIGHTING DIRTY” WAKE-UP CALL...

Mixed martial arts students and other sports people often accuse reality-based self-defense and combatives students (and instructors) of using “dirty fighting” as a catch-all magical solution. In fact, there are those combatives instructors out there who believe carrying a weapon like a knife, being willing to fight dirty by biting and eye gouging, all makes up for not knowing the basics of positioning and body mechanics while grappling and groundfighting.

While fighting dirty, being willing to use every unfair advantage in a fight, goes a long way towards saving your ass, it’s an oversimplified view of what it takes to win a ground assault and doesn’t make up for ignorance of what to do when you’re on the ground.

It makes sense to get that training when and where you can so that once you do end up on the ground grappling with an opponent, you’ll know how to get position if you can.



On the other hand, knowing everything in the world about groundfighting and grappling won’t prepare you for the nasty, brutal business that is truly “fighting dirty”. Fighting dirty itself is not something you can just automatically do. If you think you’ll just be able to gouge out your attacker’s eye from the get-

go and take him out cleanly, you’re in for a tough lesson. It doesn’t work that way. “Dirty fighting” isn’t a quick solve-everything solution and it’s not going to start and end a fight the way some people think it might.

Most thugs you face on the street actually *aren’t* programmed to use these types of tactics. Gouging out a human being’s eyeball, grabbing his balls to twist and rip them, and biting off his nose are not the first attack strategies used by the population of the criminal underclass.

No matter what you’ve been told, street thugs tend to lean towards the good old-fashioned haymaker to the head, the sucker punch, and the ground-and-pound. These are the attacks you are most likely to face, not the brutally nasty combatives methods we’ve taught you in this module.

So a word of warning here: If you’re on the ground with your attacker on your chest, trying to gouge out his eyeball, he will instinctively move his head away from you while maintaining his superior mount position. In other words, your “dirty” technique won’t work. But it gets worse...

His primitive “monkey brain,” the part of him that goes back to the earliest fight-and-flight instincts in human beings, will register what you tried to do. That’s a problem, because the fact that you resisted and that you tried to hurt him badly by targeting a natural vulnerability (a vulnerable point we all know and understand, instinctively) will just piss him off more.

The natural response in such a predator is, “Oh no you *didn’t*. You did *not* just try that, you son of a bitch. Oh, is that how we’re going to play this, motherfucker? You try to gouge out my fucking EYES? Well, two can play that, asshole. How do you like my fingers in YOUR eyes?” As you can imagine, with his superior position, things are about to get very ugly for you.

The lesson here is that you save your dirtiest tactics for when you can move into a better position and really use them to do some damage. Otherwise, you use them when you have absolutely no other choice and you need a quick and brutal distraction. This creates an opening so that you *can* move to that better position or escape.

REALISTIC GROUNDFIGHTING- INTEGRATED TRAINING

Now that you're familiar with the techniques and the philosophy of combatives and groundfighting, how do you go about training for this situation? Keep in mind that most of us, under stress, usually perform in the same manner we've trained. If you take a guy and teach him how to do arm bars and other MMA techniques, this is what he's going to do under stress, and it's *all* he's ever going to do.

In the same way, if you take a guy and teach him, say, boxing, and all he's ever learned to do is punch someone, if you put him in a self-defense situation, he'll start punching. Again, that's the first and only thing he's ever going to do.

If you teach someone to close the gap, to shoot for a takedown, to deliberately go to the ground and tangle up with someone in order to go for a submission, in most cases that's simply what he'll do. When stress kicks in and adrenaline is running through your blood, you do whatever you've learned to do by habit, and you do it without thinking about it.

There have been documented cases of dead police officers found with empty shells from their revolvers in their coat pockets, because under stress while in a

gunfight, they were recovering their empties the way they'd been taught to do to keep their shooting ranges clean.

The risk of training in only one system, therefore, without understanding the street-smart tactics we've shared with you, is that if you get into a situation where you can actually be damaged or killed for real, you're setting yourself up for a beating. You're wandering into a situation where the rules you've learned simply don't apply.

Some BJJ fighters might find themselves on the ground finishing a guy with a choke... and if that's it, they're lucky, and there won't be anybody else waiting to stab or stomp them. All the chokes and arm bars in the world will leave you open to a chair in the back of the head, or a boot to the side of the face, if you're not dealing with just one man. In real self-defense, you can't ever assume the attacker is alone.

In short, when you train, cross-train and do so with an eye toward street-smart reality. Learn takedowns that don't get you tangled up with your attacker or put you on the ground. Don't practice "wrestling," or grappling, or MMA, or BJJ. Practice doing whatever you have to do to get to your feet as quickly as possible.

That's real life. That's your goal.

Coming Up In Module 4: **Firearms – Offense & Defense!**

Whether you own and carry a firearm for the battlefield or for self defense or you need real world disarm tactics should you be staring down the barrel of one, our next issue is for you!

You'll get a "street perspective" of what it really takes to master the timing, targeting, and technique to survive a dangerous encounter with both handguns and long guns, including...

- **Does he have a gun?** These dead giveaway signs ensure you'll **never be caught off guard!**
- **WHEN** to make your disarm attempt! A split second too soon or too late and you're as good as dead. *Very few trainers even know about this strategy!*
- **Long gun defense!** Tactics that are an **absolute MUST** for all soldiers (and L.E. & civilians!)
- **ARM YOURSELF!** How to choose the perfect home defense weapon!

And Much, Much More!