



Ground Fight Survival

with Nik Farooqui from www.S2Strategic.com

Stay Off The Ground If You Can

There is no secret to staying off the ground. There are infinite variables.

- To avoid the ground, learn how to be ON the ground.
- You must learn range management or range dictation so that you know which tools and tactics to use at which ranges.
- Environmental awareness is critical. You've got to watch out for factors around you and on the ground that could injure you. That includes other people.

When You Are On The Ground And The Attacker Is Not

The objective of street grappling and ground fighting is always to get back on your feet as quickly as possible.

- You can't move and stand simultaneously.
- Read the situation to give yourself a little margin for safety.
- Protect the head, throat, and lungs.
- You MUST not get knocked out. You can't fight if you're not conscious.

When You're On The Ground With Your Attacker

Human beings are very competent on their feet, because they practice it all day long. We are much less able to crawl or use our hips and shoulders.

- You must learn how to bridge up with your hips to get people off you and put them off balance.
- You must also learn how to shrimp or escape, which is moving laterally (side to side). This gives us the ability to roll.

- Combine bridging, shrimping, and rolling, then learn how to capture someone and control them.
- At this point is where eye-gouging, throat-chopping, and other "dirty tactics" come in.

Dealing With Weapons In A Fight

Put someone down before they can access a weapon... and put them down HARD. When the attacker is more concerned with his own safety than with attacking you, that is the best defense.

Dealing With Multiple Opponents While On The Ground

This is truly the worst-case scenario, because you can easily be stomped to death by multiple attackers when you are on the ground.

- In the superior position, when you are on the top...
 - Make your attack very violent and very quick.
 - Put your head on a swivel so you can see if anything's coming preemptively.
- In the inferior position, when you are on the bottom...
 - You have to fight not just the ground and not just your opponent, but his friends.
 - You may have to use the person on the ground as a shield. His friends can't get to you if he's tussling with you and blocking their shots. It comes down to containment and control.

Prepare. Train. Survive.