



## 3 Vicious Groundfighting Tactics

with Jeff Anderson for [www.ModernCombatAndSurvival.com](http://www.ModernCombatAndSurvival.com)

### You Need To Protect Yourself On The Ground

It doesn't matter what percentage of fights go to the ground. If you end up on your back with a thug on top of you, that's the worst-case scenario for groundfighting.

- This is the most dangerous place you can possibly be because you have less mobility and your striking options are limited.
- You have less visibility from the ground, too, so you can't assess external threats. (This is true even if you're on top.)
- You are so very vulnerable on the ground. If your opponent has help, his buddies may join in and stomp you to death. Even bystanders who misunderstand the situation might jump in to "help."
- Even from the bottom, however, you can escape and defeat an attacker who has you pinned in the "ground and pound."

### YES, You May Go To The Ground

Most people do NOT seek out groundfighting skills for several reasons.

- They think they won't go to the ground, or they'll be able to prevent it... but you could be ambushed, or you could trip and fall.
- They think they won't be able to WIN on the ground, because the techniques look difficult or they are themselves smaller or older.
- They think you need special skills to fight back on the ground and training in these methods will take too much time and work.
- The secret to surviving on the ground is NOT to use special MMA-type skills. These 3 vicious solutions are illegal in MMA.

### 1. Small-Joint Manipulation

Attack the attacker's fingers. They'll be punching you or grabbing and striking you.

- Anytime someone grabs you, they give you an opportunity to grab, twist, and snap a digit. Get to a finger. It doesn't matter which.
- Wrench the finger SIDEWAYS violently.
- It doesn't take much to SNAP a finger.
- You're now fighting a one-armed person who is in agonizing pain.
- Push out their legs or start to "climb" them if you need to get them to grab you.

### 2. Attack The Groin

This might seem obvious, but many people don't think to do it when groundfighting.

- It's very easy to get to on the ground.
- It's an extremely effective target.
- Grab, crush, and twist. If they grab your hand, use small joint manipulation.

### 3. Fishhooking

This is an old "dirty" move from wrestling that is illegal in MMA matches. It was even illegal in the earliest UFC matches with almost no rules.

- Grab the head and work your way to the mouth, or climb their shirt to bring them to you. Then grab the head. This can be done with one or both hands.
- Stick your thumbs into his mouth, but not PAST the teeth. Reach in OUTSIDE the teeth but inside the lip/cheek.
- Pull and tear in opposite directions. Where the head goes, the body follows. You may rip open their mouth this way. It's horrifying.

*Prepare. Train. Survive.*