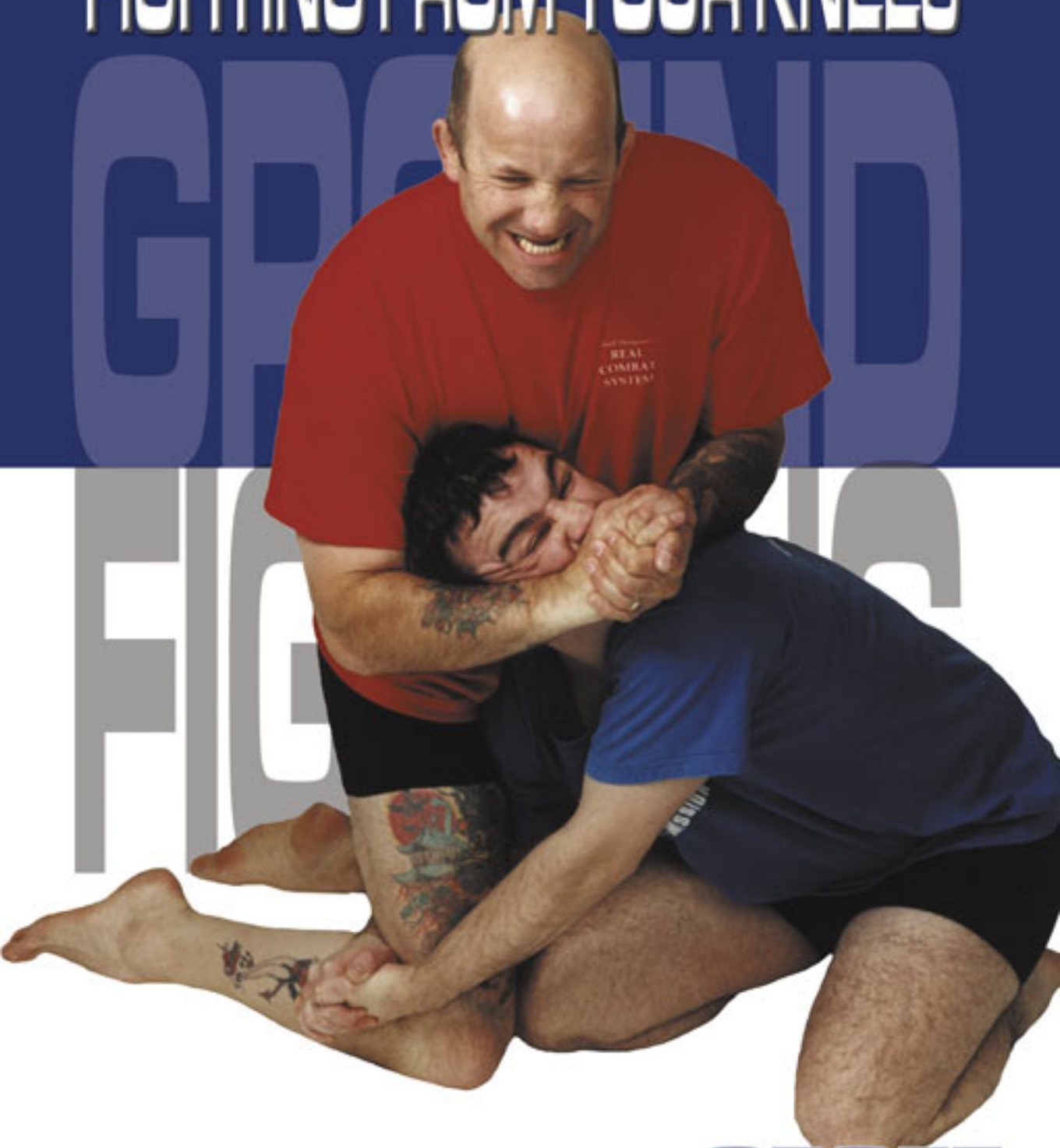


GEOFF THOMPSON'S GROUND FIGHTING SERIES

FIGHTING FROM YOUR KNEES



**GEOFF
THOMPSON**

SUMMERSDALE

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Introduction

The uninitiated, those that have not got very much real life experience of fighting on the pavement arena and certainly those that have never done any all out grappling, always say ‘yea, but . . . I’m never gonna be in this position/that position etc.’ And I have to say that it makes me smile because, in a single sentence, they’ve told me a hell of a lot about themselves. The main thing being that they are not, no matter how much they try to convince you or others, very experienced in things REAL, otherwise they simply would not say it.

Another very common comment is, ‘yeah, but surely if you’re on your back/side/belly/upside down etc. your have made a grave mistake!’

Yes, it often does mean just that, but we all make mistakes, even monkeys fall out of trees from time to time, but that does not mean that we do not address the problem. Sure, being on your back with the opponent mounting you means you have made a big mistake, but it still has to be addressed

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because if we make that mistake (I have a few times) we need to know how to deal with it, how to escape it, defend it and even how to attack from it - otherwise when we do meet that situation we won't know how to deal with it.

I remember, early on in my martial arts career, I'd just started working on the doors and realised how close range real fighting was, asking one of my sempais, a man that I did and do greatly admire, 'what do I do if a fight hits the floor, the training we are doing is not preparing me for close range fighting?'

He spent a few seconds in contemplation and then said 'well, if you are on the floor you've made a big mistake - don't let it happen'.

As though a good beating was my just desserts for allowing a situation to go to ground and rather than train to meet that problem I should train to prevent it. I was still left with an unanswered question because, no matter how well or hard I trained I knew that there were going to be times when I would make mistakes and end up in a position that my system

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did not prepare me for. Eventually I found my own answers to the questions that every one around me seemed to be avoiding, 'we don't fight on the floor', 'don't look at everything from a self defence view point', 'it's not the system that's lacking - it's you, train harder', etc.

And my answer, of course, was firstly to try to avoid negative positions, but also to find solutions, by training in systems that gave the answers to the problems should they occur.

One of the many positions that people think is unlikely to occur in the street (or anywhere for that matter) is fighting from your knees. Again, if you'd 'been there' you'd know that every position is usual when reality bites.

One of my friends, a very experienced street fighter, lost a fight in the toilets of a bar from the kneeling position, but had he known how to fight from his knees he surely would have won. He'd gone to the toilet, as you do after several pints of lager, and was followed by a chap who he recognised as someone from an earlier encounter (a fight a couple of months before). When he got to the trough he undid his zip and

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pretended to go to the toilet: the guy that followed him in took his chance and grabbed my friend, thinking that he was mid-piss as it were. 'Bosh!' My friend head butted him so hard that the guy was thrown, blood gushing from his nose, right across the toilet floor. This is where my friend made his first mistake. He should have ran in and finished what he had started, but he didn't: he stood back to admire his work.

The guy got back to his feet, ran from the other side of the room and, before my friend could react, he'd been grabbed by the tie and pulled to his knees. They both struggled in the kneeling position for several minutes. My friend's tie was pulled tightly around his neck, cutting off the blood to his brain. He was nearly unconscious - he had no answer to the problem and eventually had to concede before he was completely knocked out. It took him 10 minutes before he could stand back up with out falling over, his assailant wandered off, and as much as my mate wanted to follow and finish him he couldn't, his head was gone. He said to me afterwards, in retrospect, that he was just glad that the lad didn't know that he had a strangle on otherwise he might not be there telling me about the situation.

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On another occasion I was acting as a second on a square go between two very able fighters, within seconds the fight went to ground and both were on their knees fighting for a prone position but neither had the knowledge to take advantage. At one stage one of the lads got one arm around his opponent's neck whilst he punched him with the other. If he had joined his hands from the position he was in, over his opponent's all fours, he could have made a choke and the fight would have been over by KO within seconds. Instead (because he did not have any knowledge of fighting from that position) he released his partial choke and used his hands to punch instead - the fight went on for several minutes with both fighters getting badly injured. Knowledge of the ground would have made a clinical, one-sided fight out of what turned into an epic battle.

One of the many good things about Animal Day (see my book and videos on *Animal Day*) is that it will teach you all of these things and show you categorically that you do need to be able to fight from every and any angle, otherwise, when you hit the deck you'll be thinking 'what do I do now?' Many people think that by being fit and strong they'll automatically

Review

For those who have read the other volumes in this series I apologise for repeating material. I would like, before I start talking about fighting from the knees, quickly to review the basic pins. If you do not know them a lot of the speak throughout the text may seem like gobble-de-gook.

I have no intention of actually going into the histrionics of the holds, how to defend and how to attack from them etc. that, as I said, is a volume on its own. I will repeat, though, that the pins are the bedrock of ground fighting and to go on to finishing techniques of a complex nature before learning the imperative basics is a quick way to failing at everything that you attempt.

Master the standing and walking before you try the running and sprinting. The control of the opponent on the floor, via the pinning techniques, is so very, very, VERY important that to miss it is like diving in the water before you have learned to swim.

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All I will list in this chapter is the holds themselves with one accompanying illustration so that, if you haven't read the other books and have no knowledge of the 'ground' you'll at least understand the 'speak'.

The Mount Position

