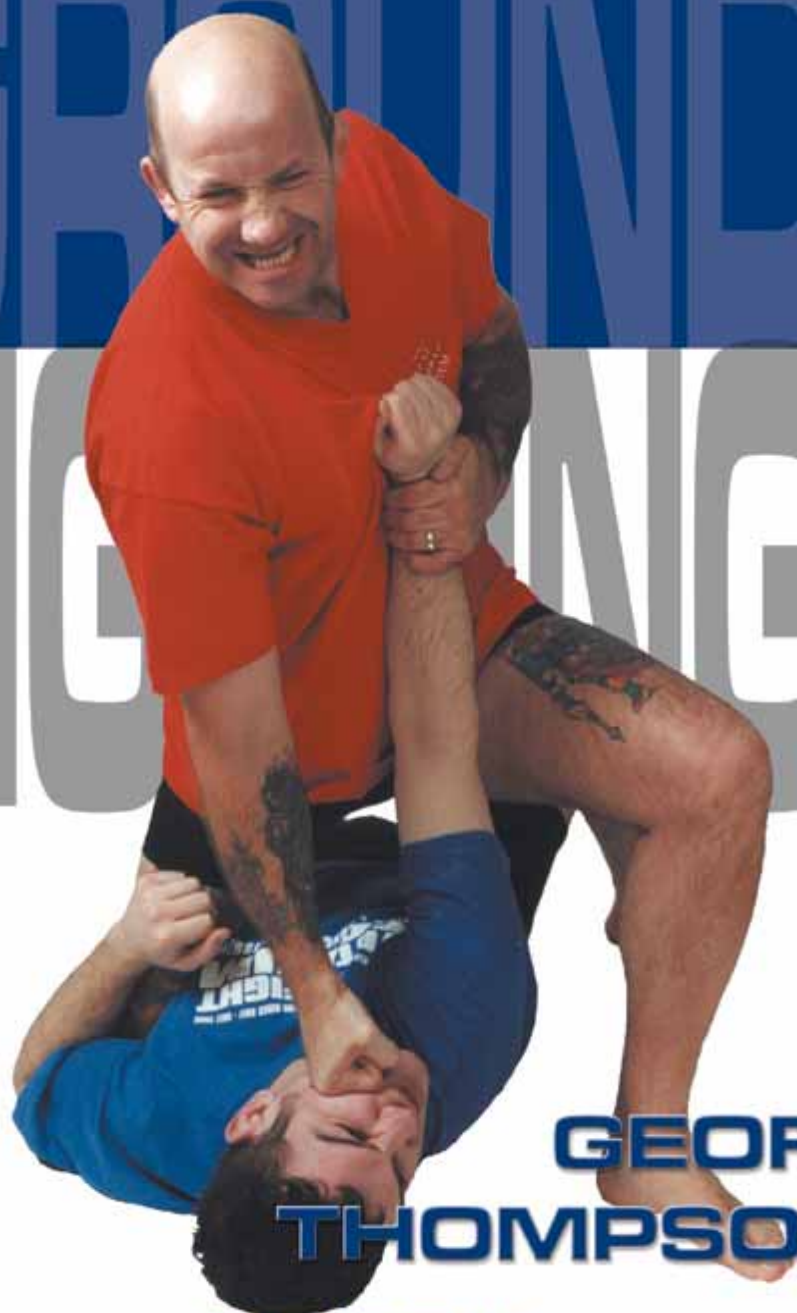


GEOFF THOMPSON'S GROUND FIGHTING SERIES

PINS: THE BEDROCK

GROUND

FIGHTING



**GEOFF
THOMPSON**

SUMMERSDALE

First published 1996.

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Important note

With ground fighting techniques the author recommends that you practice only under supervision to avoid accidents and always employ the 'tap system' in practice (if you want to submit or a technique is too painful or you wish to stop practice at any time tap the mat, tap yourself or your opponent with your hand or foot; if this is not possible just say to your opponent 'tap'). If an opponent taps out it is imperative that you release your hold immediately or suffer the consequence of what might be serious injury, and remember, what goes around comes around. If you do not release when he taps he may not release the next time you tap.

If you have or believe you may have a medical condition the techniques outlined in this book should not be attempted without first consulting your doctor. Some of the techniques in this book require a high level of fitness and suppleness and should not be attempted by someone lacking such fitness. The author and the publishers cannot accept any responsibility for any proceedings or prosecutions brought or instituted against any person or body as a result of the use or misuse of any techniques described in this book or any loss, injury or damage caused thereby.

About the author

Geoff Thompson has written over 20 published books and is known world wide for his autobiography *Watch My back*, about his nine years working as a night club doorman. He holds the rank of 6th Dan black belt in Japanese karate, 1st Dan in Judo and is also qualified to senior instructor level in various other forms of wrestling and martial arts. He has several scripts for stage, screen and TV in development with Destiny Films.

He has published several articles for GQ magazine, and has also been featured in *FHM*, *Maxim*, *Arena*, *Front* and *Loaded* magazines, and has been featured many times on mainstream TV.

Geoff is currently a contributing editor for *Men's Fitness* magazine.

For full details of other books and videos by
Geoff Thompson, visit www.geoffthompson.com

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Introduction

As I sit and write this text about Ground Fighting, I fondly look back on nearly 25 wonderful years of training in the martial arts, about 15 of those years as the instructor of one of the best, certainly toughest and definitely friendliest clubs in Great Britain.

Sadly, only yesterday I taught my last lesson to what was only a spattering of loyal students. It was a sad day for me with only a handful of people around me, whom I had grown to love and respect, there to see the end.

For the last 15 years I have put my heart and soul into my club only to see, on this final day, the emaciated remnants of what was once a feared battle ground where strong characters were tempered and the faint of heart feared to tread.

I won't go on about it, that's not what you have bought this book to read about, only to say that . . . well . . . there's nothing much more to say really, other than the fact that, for me it's the end of an era.

Introduction

Many people have written, or spoken to me over the years about coming to Coventry to train at my master class but for whatever reason few seemed to make it so I decided to write a series of books and put together a series of videos on the type of lessons one could expect to receive had the journey been made.

The series is now even more apt because I no longer have a club and, unless you manage to make it down to one of the few seminars that I teach each year, this will be the only way you'll get to train with me.

With this in mind I write, as I taught, only about the things I actually train in myself. I will not, I can assure you, use superfluous technique to fill a book. There will be different genres of book according to the range/ryu that I am writing about, this series being the wonderful and exciting ground fighting range.

When you consider the fact that 95% of all fights go to ground and yet probably only 5% of martial artists are adequately prepared, or address ground fighting, something seems acutely amiss.