

GEOFF THOMPSON'S GROUND FIGHTING SERIES

# THE ESCAPES

# GROUND



**GEOFF  
THOMPSON**

SUMMERSDALE

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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 6<sup>th</sup> Dan black belt in Japanese karate, 1<sup>st</sup> 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.

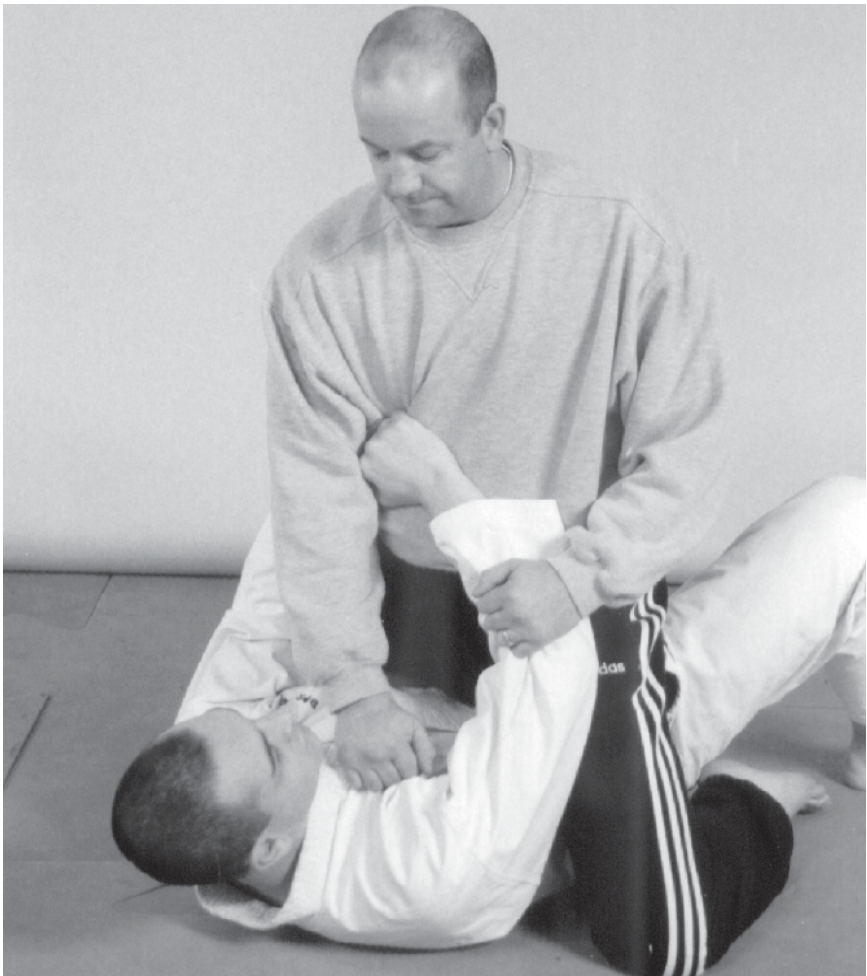
Geoff is currently a contributing editor for *Men's Fitness* magazine.

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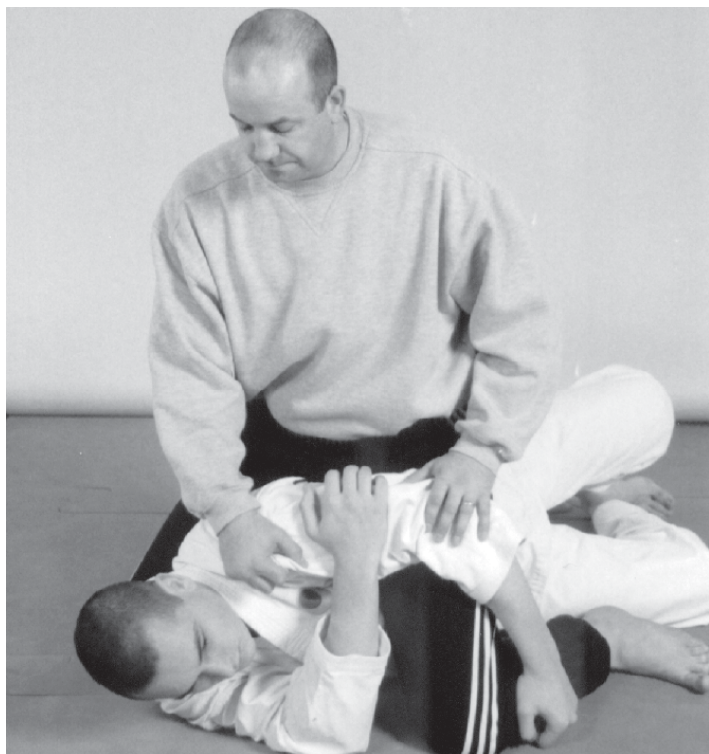
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All I will list in this chapter is the holds themselves with one accompanying illustration so that, if you haven't read the other books and have no knowledge of the 'ground', you'll at least understand the 'speak'.

### **The Mount Position: Side Mount, Reverse Mount**



## The Escapes

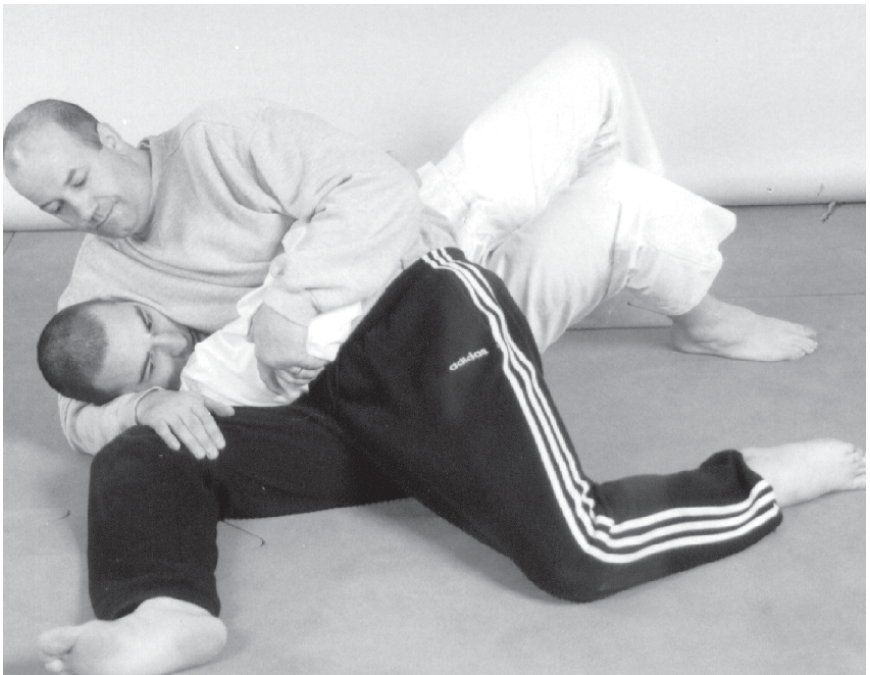


GEOFF THOMPSON'S GROUND FIGHTING SERIES

## The Side Four Quarter



## The Scarf Hold



# Chapter One

## *Escapes from the scarf hold*

Although someone in the street might not grab and pin you in a text book hold down they will innately grab you in something that closely resembles them. If someone holds you down in a head lock it will very closely resemble a scarf hold and if some one holds you down in a bastardised version of one or two of the conventional pins an abridged version of the appropriate escapes will work just as well.

To start with, and this concerns all of the escapes and is a very important thing to remember, the very best time to escape is the very second that you are pinned, before the opponent has a chance actually to base the pin. That's when he is the most vulnerable, and, because he will probably be falling into the pin, it is very easy to use the momentum of the fall to roll/bridge/turn and escape.

The next best time to escape is when the opponent initiates a finishing move, that is, again, when he's not guarding the