



## Generalized Techniques and Concepts for Groundfighting:

### Positions:

- Perimeter Guard
- Guard
- Half Guard
- Side Mount
- Mount
- Back

### Positioning Movements:

- Perimeter guard: keep away
- Perimeter guard: control through to closed guard
- Perimeter guard: take balance to side, (figure four) slide to back (stretcher ending)
- Perimeter guard: take balance to side, turn, take mount
- Side mount to half guard to closed guard
- Side mount to half guard (figure four) to slide to back (stretcher ending)
- Side mount, pin opposite knee, drive over, take top (guard, preferably mount)
- Guard reversal 1: leg kick out
- Guard reversal 2: leg pin kick over
- Guard reversal 3: high guard turn
- Guard reversal 4: spine torque
- Guard escape: kick away, sit up
- Mount reversal 1: bind leg, turn opponent
- Mount reversal 2: legs up hook from behind, take over
- Mount escape: knee strike, pop knee through to half guard
- Mount escape/reversal: elevator

### Pass/Attack Generalized Techniques:

- Push'n'Pop (Push and OppPop)
- Pressure Points on thighs
- Knee torque
- Ankle hook
- Arm Bar
- Keylock
- Naked choke
- Press/Vise choke
- Side choke with shoulder pin

### Concepts:

- Always move to a position that increases the scope and effectiveness of your techniques
- Watch the points of balance
- Watch the direction of force
- Use high AND low movements to control balance
- Relax. Don't fight gravity