



Stronger You Self Defense Curriculum

Ground Fighting

Note:

attacker = “nagi”

person being attacked = “uke”

Techniques from guard position on the ground

Technique	Description	Critical Concepts
1 Leg takedown	<ul style="list-style-type: none"> · Nagi approaches from straight on · Hook nagi's front leg with bottom leg · Side kick with top leg to below nagi's knee for push/pull · Nagi will fall straight back 	<ul style="list-style-type: none"> · Pivot on the ground using top foot/bottom triceps · Disguise of kill zone · Defense from either side
2 Leg takedown to submission	<ul style="list-style-type: none"> · Nagi approaches from side · Hook front ankle with bottom leg · Strike back of nagi's knee with heel for push/pull · Roll up to kneeling, trapping ankle in the crook of nagi's knee · Make sure the top of nagi's foot is trapped against chest · Lean forward and pull back on nagi's collar for submission 	

Technique for headlock release

Technique	Description	Critical Concepts
3 Headlock defense	<ul style="list-style-type: none"> · Nagi is on top with headlock fully applied · Reach up and over nagi's head; slide hand down and under base of nose to expose pressure point · Place side edge of hand to pressure point under nagi's nose and pull back · Slide leg over nagi's head and tenderize their midsection with elbow 	<ul style="list-style-type: none"> · Headlock is applied to subject flat on their back on the ground · Subject's arm is not across their own throat





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Techniques from inside the guard

Technique	Description	Critical Concepts
4 Rape defense	<ul style="list-style-type: none"> Drop chin Trap attacker hands at wrists Wriggle backward enough to allow heel to push against nagi's knee Place right heel on nagi's left knee and push Using nagi's momentum, come up and over them, maintaining control of their right arm Land on back, nagi's right arm between legs, pull nagi in as close as possible Tilt pelvis up, nagi's thumb pointing to ceiling, then pull nagi's arm downward for submission (armbar) <i>* If nagi bites, use your heel to strike the solar plexus</i> 	<ul style="list-style-type: none"> Inside/outside/ passing the guard Defense and protection of head and face from this position How to tire out the nagi
5 High/Low defense	<ul style="list-style-type: none"> Drop chin Trap nagi's wrists Wriggle backward enough to allow heel to push against nagi's knee As nagi rises (one foot, one knee) to punch Trap punching arm with your left foot on their right shoulder Push, knee then shoulder, nagi should fall to left, stay on ground Armbar on nagi's left arm for submission <i>* If nagi bites, use your heel to strike the solar plexus</i> 	
6 High Defense	<ul style="list-style-type: none"> Nagi is on top of you and punching Grab their upper sleeves and pull them in close by putting your hands around the base of their neck Wriggle backward as much as possible As nagi rises to both feet Place heels on nagi's hips and grab their ankles Push nagi at hips and pull on the ankles, they should fall backwards to the ground Wrap right arm under the nagi's calf, foot should be behind your shoulder, apply pressure until submission Bring your left foot up in case nagi comes up during the submission 	





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Techniques for outside the guard

Technique	Description	Critical Concepts
7 Head twist	<ul style="list-style-type: none"> · Drop chin · Bucks hips as you strike through the middle outward to both arms of nagi · Nagi's head will come down · Grab nagi's chin and back of head · Rotate nagi's head, body will follow · Armbar to submission on the same side * <i>If nagi bites, use your heel to strike the solar plexus</i> 	<ul style="list-style-type: none"> · Use nagi's weight against them
8 Alternate finish to head twist	<ul style="list-style-type: none"> · When nagi falls to side, use their momentum to end up on top of nagi outside their guard · Punch to nagi's head area until they stretch out one arm in defense · Wrap up nagi's arm in tight hug · Fall back to same side as extended arm, to armbar for submission * <i>If nagi bites, use your heel to strike the solar plexus</i> 	

Techniques from turtle guard

Technique	Description	Critical Concepts
9 Nagi approaching from behind	<ul style="list-style-type: none"> · Trap nagi's elbow · Compress their wrist · Roll nagi over shoulder · Roll onto back and use biceps as base for nagi's upper arm to get wristlock submission 	<ul style="list-style-type: none"> · This is a very undesirable position · Extending legs is surrendering · Techniques must be accomplished before choke is fully applied · Come along and all pain/compliance techniques require loud, clear instructions to submitting attacker





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Techniques from turtle guard

Technique	Description	Critical Concepts
10 Nagi approaching from front to come along	<ul style="list-style-type: none"> · Trap their elbow · Compress wrist · Force nagi's elbow under your arm · Switch compressing hand · Trap nagi's elbow with bicep, apply wrist pressure and stand up · Come-along is accomplished when submitting nagi is on toes · Step inside the back of the knee to take down nagi to his back · While maintaining a lock on the same wrist: · Pull arm straight up · Place your free hand in the nagi's shoulder joint (forcing him on his front) and start walking around the top of his head · Slap your free hand inside nagi's elbow joint bending the arm, and get him to stand up again · Step inside the back of the knee to take nagi down onto his back · Pull arm straight up and lever it over his body · Jump over his body with the arm between your legs (taking care not to injure nagi's arm) · Show arm break then roll back into an armbar 	<ul style="list-style-type: none"> · This is a very undesirable position · Extending legs is surrendering · Techniques must be accomplished before choke is fully applied · Come along and all pain/compliance techniques require loud, clear instructions to submitting attacker
11 Attacker approaching from side	Slip to armbar control	





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Techniques from inside the guard

Technique	Description	Critical Concepts	
12	Armbar reversal (purely sport application)	<ul style="list-style-type: none"> · <i>In this situation, you become the nagi or "attacker"</i> · From inside the guard (see Ground defense #4): · Drop chin · Trap nagi's hands at wrists · Wriggle ("shrimp") backward until your heel can reach nagi's knee · Place right heel on attacker's left knee and push · Using momentum, come up and over nagi maintaining control of his right arm · Now nagi defends the armbar by reversing it: · As you (nagi) feel uke moving to apply armbar, grasp your own wrist (of the arm being attacked) · As uke falls back to apply the armbar, use his momentum to pull you up onto your feet · Holding uke's arm, "sit" on uke's legs pinning him · Underhook uke's closest leg, applying pressure to his tibial nerve and step on the calf of his other leg spreading uke into a chicken wing position 	<ul style="list-style-type: none"> · This is a very undesirable position · Extending legs is surrendering · Techniques must be accomplished before choke is fully applied · Come along and all pain/compliance techniques require loud, clear instructions to submitting attacker
13	Z lock from a choke	<ul style="list-style-type: none"> · Drop chin, hands up · With your left hand, cross over top of nagi's wrists and get a good purchase on his left hand (below fingers, above thumb) · Bend the wrist towards the pinky · Drive your right elbow up and inside nagi's elbow, creating a z-bend in his arm · At the same time, buck your hips up and to the right forcing nagi off you to your right side 	

