

Grappling Corner



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Defense Against a Standing Attack

Our first training topic is a defense against a standing attacker who has knocked you down. Your opponent is standing and continuing his attack.



Stand up as soon as you can, but keep your guard up at all times.



In self defense circumstances, our primary goals are: survive the fall, and return to standing as quickly as possible.

If we cannot immediately stand due to the proximity of the attacker, or intensity of the assault, we will use an Open Ground Guard as a transitional position.

No matter how you hit the ground, quickly assume the Open Guard and pivot so your feet are in line with the attacker. (Again, if you have the time and space to stand, do so immediately).

Open Guard Position:

To drill this in class, your partner attacks you from behind, bumping you while he or she is holding a kicking shield. This is your signal to execute your Front Break Fall. Immediately, you flip over, onto your back, assuming the Open Guard Position with your feet facing the attacker. Next, your partner will attempt to circle you to reach your head. Pivot on your back, keeping your feet in-line with the attacker. Start out slow and speed up as your skill level increases.

Execute Kicks:

With a little practice, nearly any kick that can be executed from a standing position can be executed from the ground. Using a toe out stomp kick is good.

About The Author:



Instructor Rick Tischer is the Firearms and combative arts Instructor for the Michigan State Correctional Services. He has taught countless workshops on reality based training, including the popular NKMAA Grappling Instructors Course.

Our counter attacks can be the utilization of kicks or sweeps and reversals. Our final line of defense (the last resort) will be Guard Submission Techniques.

This is not to diminish the effectiveness of Guard Submissions, but to highlight the fact that fighting from the bottom in a self defense encounter is inherently a dire and dangerous circumstance. Train for proficiency, but keep this perspective in mind.

Preliminary Skills and Exercises:

Keep your feet in line with the attacker. In most cases the attacker will strike, kick, or stomp your upper body area. They may also try to jump on top of you, assuming some form of Mounted position.