

GOJU-RYU GROUND FIGHTING



CONTENT

Preface.....	3
Introduction.....	3
Types of groundfighting	4
Training Elements for Ne-waza	6
Ne-waza junbi undo.....	6
Ne-waza hojo undo.....	7
Ne-waza body-conditioning	7
Ne-waza kihon.....	7
'Tie-ups' or 'clinches'.....	8
Groundfighting positions.....	9
Ground movements	9
Basic control positions	10
Groundfighting techniques	12
Ne-waza Kata?	13
Ne-waza Kaki-e	14
Basic skills	14
Kaki-e training.....	14
Basic off-balancing, push & pull drills.....	15
Basic traditional kaki-e forms	15
Complex kaki-e exercises	18
Technique training in kaki-e.....	20
Ne-waza Bunkai Kumite	21
Fighting practices.....	22
General strategy.....	22
The Top Dog Drill (go).....	22
Flow drill (ju)	23
Using vital points in groundfighting	23

PREFACE

This syllabus is made to support advanced karate students and instructors to develop an effective and enjoyable groundfighting program. This program is partially based on principles, practices and techniques from goju-ryu karate. Other material is integrated into it.

It is a first attempt to organize the wide variety of principles, drills, techniques, etc. It is far from complete and it was finished under time pressure. It will be enhanced for future occasions. Unfortunately I did not have the time to have this text checked by a native English speaker so it is likely that it contains many grammatical mistakes.

I would like to thank Mark Bicknell for coming up with the idea of doing a special clinic on the European Gasshuku, Sensei Ernie Molineux for suggesting my name for this job and Sensei Higaonna for agreeing on it. I am happy to have the opportunity to share my experience with this topic and goju-ryu karate.

Finally I would like to thank those who were willing to support this quickly produced booklet as a photo model: Raimar Mohrdieck (Germany), Mauro Frota (Portugal) and Peter Slenders (Netherlands)

INTRODUCTION

Goju-ryu has many traditional techniques where the opponent is taken down to the ground. As a follow-up either decisive blows or joint locks are applied, to stop the opponent on his path of aggressive behavior. The first are executed to take away the intention of the opponent to continue the fight or to disable him to do so. Disabling or knocking out the opponent can be necessary in dangerous self-defense situations with multiple opponents, armed or an uncontrollable - e.g. drugged - opponent. The second is used for milder situations where the opponent can be controlled safely.

Generally speaking the traditional approach is not to engage into groundfighting for self-defense reasons. This is generally preferable where one is or could be attacked by more than one opponent. Fighting more than one opponent on the ground is almost impossible or at least much more difficult than standing up. From this perspective it is understandable that goju-ryu does not have an extensive groundfighting curriculum in its general program.

According to Sensei Higaonna however Kanryo Higaonna was very skilled in groundfighting and he also transmitted these skills to Chojun Miyagi. This was told to him by An'ichi Miyagi.

Nevertheless groundfighting situations do often occur in self-defense situations, so they should be trained, if self-defense is one of the things one is aiming for in training.

Apart from this we should note that karate was not an art practiced by woman in the old days. Since woman often end up on the ground in attempts of rape, this fact should be faced as well. For this reason too self-defense skills on the ground should be incorporated in the goju-ryu training.

Another point of actualizing the tradition of goju-ryu in this era, is the fact that martial arts have become very popular in the last 50 years. This means that many people have some martial arts experience of various nature. Since not all these martial arts are effective in benefiting the moral development of its exponents, the chances to face not only an aggressive opponent, but also a skilled aggressive opponent, seems to increase. From this perspective it seems wise - if self-defense is one of your aims - to adjust training to a wider variety of attacks, strategies and self-defense situations, than was sufficient in the time goju-ryu or its ancestors came to fruition.

This syllabus utilizes the traditional techniques, practices and principles of goju-ryu to enhance the groundfighting curriculum of goju-ryu. Tradition is a living expression of an unchangeable essence. The kata contain that essence and should therefore remain as fixed as possible. In the free expression of that same essence that has shaped these kata, a lot variety and development can take place. It also that space where a tradition can develop in such a way that it fulfills the needs of the time in which it exist. For that reason it is written in the official aims of the the IOGKF (Hoshin): *"To expand on and improve our technique it is beneficial to study other martial art forms and even other sports. For example, boxing, wrestling, judo, aikido, Chinese martial arts, kick boxing and so on."* For this reason there is also material in this syllabus that comes from other martial arts, which has been integrated in the perspective, principles and practices of goju-ryu.

TYPES OF GROUND FIGHTING

It should be noted that there can be quite a difference between sport-groundfighting as e.g. in judo, wrestling or Brazilian ju-jitsu or self-defense groundfighting. Just as there is much difference between sport sparring, or even dojo sparring, and self-defense. This should be taken in account when one trains groundfighting. To give some examples:

- it makes a big difference when one trains groundfighting with or without striking techniques. Not to mention attacking the eyes, groin and other vital points.
- It makes a big difference when, in groundfighting training, the other opponent is not allowed to stand up.
- It makes a big difference when one wears a t-shirt and tights shorts or a full karate gi, both in possibilities and impossibilities

- etc.

Nevertheless the more safe forms of groundfighting training (e.g. groundfighting without striking) are very good practice for general groundfighting skills and therefore used as a foundation in this syllabus.

TRAINING ELEMENTS FOR NE-WAZA

NE-WAZA JUNBI UNDO

A good warm-up for groundfighting can be done by repeating the various ground movements and techniques, such as rolls, bridges, evasive movements, leg triangles, chokes with sit-ups, closing the guard, etc. They can be done separately, in combinations or as a free flowing drill, similar to what is called 'happo sabaki' in tachi waza.



Figure 1 'Figure 4' or 'triangle'



'Scissors' for closing the guard.



Figure 2 Situp with choke hold

Body parts that could be given extra attention are e.g. the neck and back (strength and flexibility), the calves and hamstrings (strength and endurance). Explosive power in the chains of movement: e.g calves, hamstrings/quadriceps, buttocks and backs (and oblique abdominals) can be very useful in escaping control positions through 'bridging'.



Bridge fase 1



Bridge fase 2

Especially when you work with a full karate-gi, strength and endurance from your forearms can be very useful.

Despite the fact the legs are not used for standing, stepping and only occasionally for kicking, they do play a vital role in groundfighting in many ways. It is not uncommon that leg muscles are the first to cramp after a long ne-waza randori session.

NE-WAZA HOJO UNDO

Learn to exert force when one lies on one's back is probably the main focus that we need add to our basic hojo undo training. The use of natural stone 'weights' is the best tool for this.

Another useful alternative is the inner tube, filled with sand (see picture), this can be used for a wide variety of swinging, throwing and other exercises.

Also the chishi can be used in a variety of ways for strength and endurance training while lying on one's back.

Partner exercise

- Both partners sit in kata hiza dachi and perform a backward-side roll, as they come back up in kata hiza dachi they perform:
ude tanren or punches/blocks
- Same but now, each time they change side.

NE-WAZA BODY-CONDITIONING

Most traditional ude tanren and tai atari practices can be practiced on the ground as well. E.g. from seiza or in combination with sit-ups."

Additionally one could think of developing exercises that train one's ability to sustain the heavy pressure from a heavy opponent on top of you.

NE-WAZA KIHON

Apart from chokes, turn-overs, leg locks, etc. (ju-techniques) - which are usually trained with a partner - one can of course practice all basic techniques such as kicks, punches, strikes, etc. (go-techniques) from various ground positions such as seiza, kata hiza dachi or lying on one's back, as is sometimes done in traditional trainings.

Apart from these 'end techniques' there are a lot of basic elements that need to be trained, e.g. 'tie-ups' and 'clinches', ground positions, control positions, etc.

'TIE-UPS' OR 'CLINCHES'

When one engages from the in ground one usually tries to get better hold than the opponent in order to gain (initial) control, apply a technique or to off-balance the opponent in order to move him into a more secure control position - e.g. on his back (mount or side mount). These initial grabs are called 'tie-ups' or 'clinches'. Examples of these clinches are:

- wrist elbow grab - outside or inside (aka 'two on one')
- elbow-neck clinch
- elbow-body clinch - inside or outside
- double neck clinch
- front bear hug
- neck-arm clinch
- reversed neck arm clinch
- 'crucifix'
- etc.

(see pictures below for some examples)



From the tie-ups or clinches one can do a wide variety of drills that develop ones skill to get a grip on your opponent. Some examples are:

- Both karateka alternately enter with a tie-up or clinch; the other karateka doesn't defend.
- As above, but now ukete tries to evade or block semete's attempt to get a grip. Each can make either one attempt or get e.g. 5 seconds to get a good tie-up or clinch.
- Semete holds ukete in one of the clinching positions; ukete tries to break free in e.g. 15 seconds.

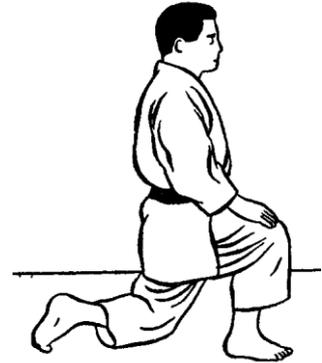
- A takes B in a clinch and lets B escape with only little resistance. B then takes A in a clinch and so on. This creates a clinch flow drill.

GROUNDFIGHTING POSITIONS

The position from which one has to develop agility and/or are mainly:

- Kneeled position (seiza)
- One knee up (kata hiza dachi)
- Sitting on one's butt (as e.g. in the inside guard)
- Lying on one's back
- Lying on one's side

On top of that one will may end up in other positions such as lying on one's stomach or in the so called 'turtle position' (knees and elbows or knees and hands).



In order to develop stability in the seiza or kata hiza dachi one can do e.g. the following drills. **Kata hiza dachi.**

- Both karateka in kata hiza dachi in an elbow-body clinch. Both karateka try to off-balance each other and throw each other on the back or side.
- Both karateka in seiza with a wrist-elbow grab. Both karateka try to off-balance each other. When one falls over or touches the floor with the free hand he loses a point.

GROUND MOVEMENTS

- Moving on one's back and side
Moving on or from one's back or side is important to prevent getting into or to escape from a control positions - e.g. escaping a mount position. It is also of importance in applying techniques when one has control over the opponent. E.g. moving away from the opponent, who is in your guard, to create space to apply an arm lock. There are specific techniques to move on your side and back.
- Moving on one's knees
Developing agility in moving on one's knees, changing from two knees on the floor to one knee on the floor, changing from kneeling position to lying on one's back, etc. will naturally develop through groundfighting. It can of course be practiced separately in order to get the best out of it or an element of endurance training.
- Standing up
As said before it can be very wise to stay out of a groundfighting situation. Training to get out of a control position - either when one controls or is being controlled - should get special attention.

Examples of partner practice:

- Uke sits on the ground. Seme stands in front of him. Uke tries to get up ASAP, before seme can get into kicking or striking range. First start at 3 meter, than 2, than 1.

Rolls & breakfalls

Rolls are of course trained in answer to throws in stand-up fighting. They are however also important in groundfighting, because there are certain throws on the ground, e.g. sweeps and turn-overs from the guard.

Examples of rolls that can be practiced are:

- Side roll
- Lying roll
- Diagonal roll (small/big)
- Backward roll
- Horizontal spin
- others



PARTNER PRACTISE

- Both partners sit on their butt. Feet at the level of your partners head. Both swing up the legs in a backward roll and change sides.
- Same but combined with ude tanren or punches/blocks

Turn-over

BASIC CONTROL POSITIONS

In modern groundfighting the control positions are named with English names. Some are derived from there Japanese names (e.g. scarf hold comes from kesa gatame), here are the major ones:

- Mount
- Side Mount
- Back Mount or Turtle Mount
- Scarf hold
- Reversed scarf hold
- Guard
- Knee on stomach

Below you see some pictures of control positions



'Mount'



'Side mount' with one knee up.

'Guard'. In general groundfighting the person below has the best position.

Staying out of control practice

The best thing of course is when one is able to stay out of control positions. This can be trained on itself. For example with practices like the ones below:

- Ukete lies on his right side; semete tries to take control with a side mount. Ukete can only move on his side and back. By using body movement and blocking with his arms he can try to stop semete from getting close and getting a grip on him.
- Semete sits on his knees between ukete's feet. Semete tries to pass ukete legs and get him into a mount or side mount. Ukete uses legs (!), arms and body movement to prevent him from doing so. Ukete remains on his back or side. Semete can be permitted to stand up or told to keep at least one knee on the floor.

Getting out of control positions

If one nevertheless gets into a control position one needs to learn techniques to get out of these and also practice these in a free setting.

- Practically this can mean that semete takes ukete in a control hold and ukete tries to get out of it within 1 minute, using what he has learned. Semete can be restricted to one specific control hold or let free to change continuously.



Escaping the scarf hold. Using 'dokusen' to loosen the grip of your opponent.



Swing over the leg and follow through.

Keeping 'flexible control' practice

On the other side of the coin one has to learn how to get basic control over the opponent in order to disable him to continue or to apply finishing techniques like chokes, arm-locks, leg-locks, etc. The main skills one need to develop for this are:

1. Use your bodyweight.
2. Use your arms more than your hands.¹ Close you opponent in with your legs and/or arms.
3. Adjust your control position in response to your opponent's moves (don't freeze). This is a ju-aspect in groundfighting.

- A simple practice to get to know the ins and outs of these control positions is to keep your partner under control in one of these positions for 1 minute. In this practice you try to stick to point 1, 2 and 3; you don't change to another control position.
- A slightly more advance drill is to keep your partner under control while changing from one to another position several times, while keeping him under control. E.g.: Ukete holds semete in a scarf hold and has to keep semete under control when he changes to side mount and back again. Semete can try to make advantage of the situation and escape.
- An additional method to keep control is to combine (entering these) positions with striking. This keeps your opponents busy and may cause him to freeze up for a second, giving you the time to finish, adjust or re-establish the control hold.

GROUNDFIGHTING TECHNIQUES

If one has learned how to control an opponent and has discovered how one can at the same time flow with the changes one has good opportunities to apply techniques. Without this basis, your opponent will have far too many chances to read you intention and escape ahead of time.

As in tachi waza on can train both go-techniques (punches, strikes, etc.) or ju-techniques (chokes, joint-locks, etc.).

In itself practicing basic techniques such as punches and blocks from seiza can be very useful. This is because one can make very little use of the lower body to develop power. In order to get enough impact at the end of the technique, the little power that can be generated from the lower body can only be transferred through the body through subtle coordination. This is comparable to kata saifa in which powerful techniques are executed from a stance with a small base, such as musubi dachi or heiko dachi, and minimal hip movement. For this reason this type of training is sometimes used in combination with saifa kata. As in standup training one can also train a whole kata from one position, e.g. seiza.

¹ The muscles from the forearm tend to 'burn-out' quicker.

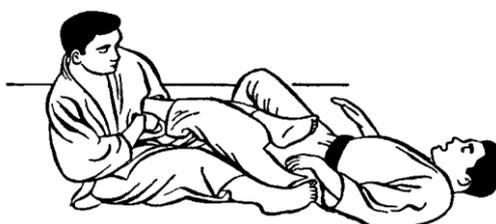
Additionally one should also train go-techniques from positions like lying on one's back, sitting on top of an opponent, etc. This can also be done with pads.

It should be noted that striking in groundfighting is not always as decisive as in stand-up fighting. This has to do with the fact that one can not always develop full power, because one misses the support from the ground and the range of motion. Also the other person can sometimes get so much control over your arms, neck and body that you lose many opportunities to punch or strike.

In order to strengthen your skill in ju-techniques, one should not only train various techniques but also practice basic drills that setup or lead to these techniques. Below you will find some examples. If done fluently these drills are also useful as a warming-up or endurance training.

A good kihon practise for the grappling aspect of groundfighting are 'technical drills'. Below you see some examples.

1. Reversed hammer lock from the guard repetition.
2. Guard to sweep setup drill.
3. Triangle choke drill.
4. Spinning to rear choke from turtle position.
5. Achilles lock drill (back and forth).
6. etc.



Leg Lock

NE-WAZA KATA?

Obviously the goju-ryu kata are not developed as groundfighting kata. Nevertheless it may be a surprising challenge for students to try to execute a kata or series of movements from the kata on the ground, either in remaining in seiza or with steps, rolls, etc. Be creative.

NE-WAZA KAKI-E

All basic kaki-e exercise can be practiced on the ground as well. On top of that there are several interesting variations that can be used. Kaki-e can be practiced e.g. in:

- seiza
- anza
- kata hiza dachi
- as a situp

Also, similar as in standing kaki-e, one can exchange techniques from these drills. E.g. adjusted bunkai kumite (oyo bunkai kumite).



BASIC SKILLS

As in standing kaki-e there is a series of basic skills you will and need to develop, namely:

1. Maintaining balance through:
 - Resistance
 - Absorption
 - Deflection or
 - Yielding
2. 'Reading' the direction of the force of your opponent's actions.
3. Controlling the actions of your opponent.
4. Disturbing your opponent's balance ('reading' and acting on his balance).
5. Opening and closing his guard (arms).
6. Locking your opponent into a position (using control positions, joint locks, etc).
7. and more.



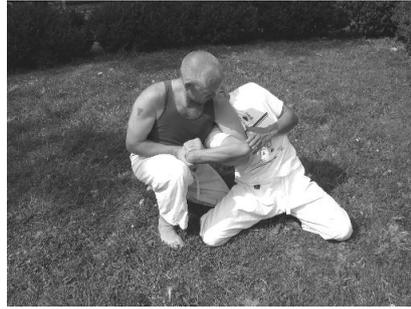
KAKI-E TRAINING

Kaki-e training can be divided in various ways. The one used here is into three groups.

1. Basic forms
2. Application of techniques
3. Free drills

Basic forms: mainly aiming at disturbing the opponents balance, posture and guard on the one hand. Maintaining balance, posture and guard by absorbing, yielding, deflecting or resisting on the other hand. E.g. forward arc push with shuto.

Application of techniques: mainly aiming at the practice of offensive and defensive techniques. E.g. practice a basic form of kaki-e and alternately apply an (oyo) bunkai kumite in a ne-waza situation.



Free drills: a basic kaki-e form is used as a basic rhythm. As soon as both karateka get into a mutual rhythm they are free to attack and defend at any moment. In ne-waza it is advisable to make an agreement about the amount of seconds one is allowed to aim for a score through control positions, joint locks, strangulations, etc. Otherwise the practice may turn into ne-waza randori.

The first group will be divided into:

- Basic off-balancing, push & pull drills
- Basic traditional kaki-e exercises
- Complex kaki-e exercises

BASIC OFF-BALANCING, PUSH & PULL DRILLS

These are derived from basic pushing, pulling and grabbing maneuvers that are used in kaki-e, bunkai kumite, etc. They are also good for warming up.

In each exercise a certain grab, tie-up or clinch is used for pulling or pushing

Some can be done from a static position, e.g. both karateka in seiza or kata hiza dachi, or with movement, e.g. from seiza to kata hiza dachi and back.

BASIC TRADITIONAL KAKI-E FORMS

1. Naname/mae shuto oshi
2. Mawashi shotei oshi
3. Kake uke
4. Spiral drill (further referred to as 'Aragaki's snake drill')
5. Sensitivity drill – e.g. with backhand contact (further referred to as 'Miyagi's sensitivity drill')²

² This version with backhand contact was trained and taught by *Chojun Miyagi*, the founder of *goju-ryu karate* (according to *Higaonna sensei* in a personal communication).

Basic practise 1 - Mae shuto oshi

Both karateka in seiza; slightly outside of each other's center. Strike both radial bones against each other. One starts to push. Push with the side of the hand (shuto) towards the breast bone of your partner, in a slightly up and downward arc. When your partner pushes you, you try to absorb his force directly to the ground under your legs and center of gravity. The other hand either stays in front of the suigetsu vital point, turns in place in the same way as the outgoing hand or supports the outgoing hand from behind. Don't lean on the other person, but push him over.



There are several variations possible:

- Control the incoming force strongly or yield as much as possible (go & ju).
- Turn the body slightly away to the side of the backhand (combination of absorbing and deflecting/yielding).
- Pushing straight forward, without an upward- and downward arc.
- From kata hiza dachi (one knee up).
- With stepping out into kata hiza dachi.
- Etc.

Basic exercise 2 - Mawashi shotei oshi

Both karateka stand in kaishugata sanchin dachi. Strike the radial bones against each other with ura kake uke. One starts to push with the palm of the hand (shotei) towards the other persons sternum (chest bone); the other deflects the push. The push is like a straight line coming out of a circle. The deflection is like a line being transformed into a circle. Together this forms a circular or oval movement. Push with the intention to put pressure on the other person's balance or to unbalance him. When your opponent pushes, immediately respond with turning the tanden and deflecting with the arm.



In this basic version you imagine, when you deflect, your arm to be inflated with air and being supported by an inflated ball of air. Keep some space between your arm and your chest.

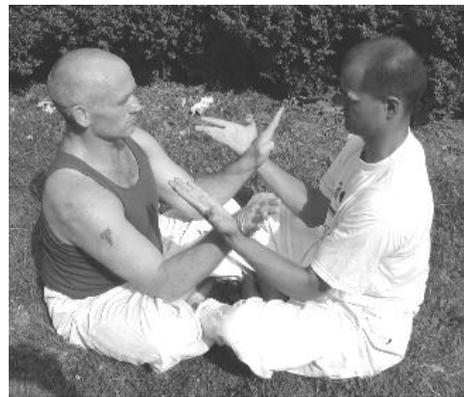
The other hand can stay in front of the suigetsu point (fingers up). Make sure you don't lean on your opponent, stay on your own feet.

There are several variation possible:

- Let the free hand touch semete's elbow each time he pushes and bring it back to your suigetsu when you push.
- As above, but push with both hands; one on the wrist, one on the elbow.
- Let the push touch your chestbone and turn away right at that very moment.³
- Push at different heights.
- E.a.

Basic exercise 3 – 'Kake uke drill'

Both karateka sit e.g. in seiza or anza. Both karateka touch each other with the outer hook of the wrist (soto kake uke; palm down) with pressure from the tanden. Keep in touch with the wrist and turn the hand backward until both meet in uchi kake uke (palm up), again with pressure from the tanden. Then back again to soto kake uke.



The same exercise can also be done with two hands.

Both uchi kake uke and soto kake uke play a role in various gyakute techniques.

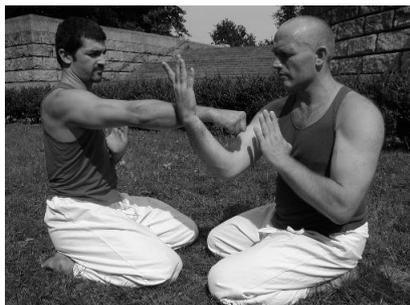
Basic exercise 4 - 'Aragaki's snake drill'

This exercise is taught for example by Sensei Shuichi Aragaki, one of Chojun Miyagi's still living students.

Both karateka sit e.g. in seiza. One of the two extends his arm straight forward with a fist. The other karateka touches with his radius the ulna of the other. As in a soto ura kake uke. He then turns with a snake-like movement around the arm of semete. Semete tries everything to hold the arm in this extended position.

This exercise can be done both inward and outward and also with two arms.





Basic exercise 5 – 'Miyagi's sensitivity drill'

According to Sensei Higaonna this exercise was taught and practiced by Chojun Miyagi. This drill develops sensitivity, alertness and reaction speed.

Both karateka sit e.g. in seiza. The both karateka touch each other with the backs of their hands.

You can practice this in various ways, e.g. with the following build-up:

1. Both in a static position, alternately executing a technique.
2. Same, but now the other tries to defend himself.
3. As 1, but now the hands remain moving in circles.
4. As 2, but now the hands remain moving in circles.
5. As C or D, but now hands move freely (but stay in touch). In this case it is good to set a time limit to the time one can use to get the opponent under control, otherwise the practice turns into ne-waza randori. E.g. 5 seconds, if not succesfull, return to basic drill.

COMPLEX KAKI-E EXERCISES

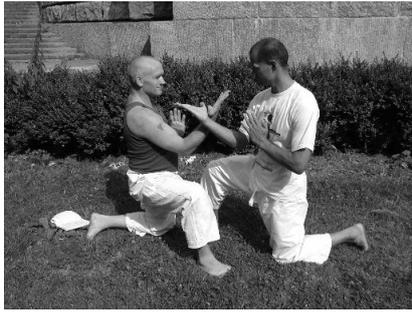
Advanced use of 'Aragaki's snake drill' and kake uke drill

The exercise below are based on the kake uke drill, 'Aragaki's snake drill', kata movements and others.

- | | |
|--|-------------------------------------|
| 1. Wrist grab with release ('snake the wrist') | uchi en/of soto kake |
| 2. 'Snake the elbow and pull' | |
| 3. Arm-body clinch snake drill | |
| 4. Arm-neck clinch snake drill | |
| 5. Neck-clinch snake drill | |
| 6. 'Snake around the head drill' | (2 directions, front and back hand) |

From all these exercises or their starting positions one can also practice grappling- and other techniques - back and forth or free - as in the basic traditional exercises.

'SNAKE AROUND THE HEAD DRILL'



ARM-BODY CLINCH SNAKE DRILL



TECHNIQUE TRAINING IN KAKI-E

One can train various techniques from kaki-e, as is done traditionally from standing kaki-e. This can be done with all kaki-e exercises. It can be done in a yakusoku or pre-arranged mode or in a jiyu or free mode. Also in groundfighting it can be done from a fixed position or with movements.

For beginners or complex techniques it is advisable to first practise the techniques from a static kaki-e position, tie-up or clinch. Than on can try it from a simple kaki-e exercise → a complex kaki-e exercise → a free kaki-e exercise.

Initial actions

Opening and closing the guard (arms/hands)

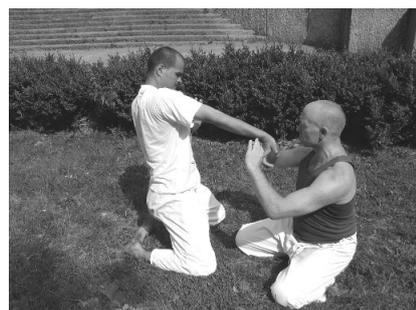
Disturbing balance: push & pull

Control grabs ('tie ups' en 'clinches')⁴

Finishing actions

Punches, strikes and kicks (go waza)

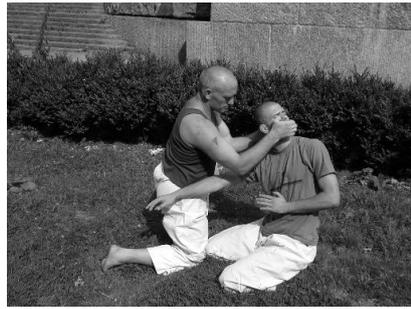
Wrestling techniques ('gyakute' or 'tuite' – ju waza)



⁴ E.g.: vanuit basishouding starten en om en om een pakking.

NE-WAZA BUNKAI KUMITE

It is worth to research which traditional bunkai kumite can be used on the ground. One can of course review the kata movements from the perspective of groundfighting. Below you will find some examples:



FIGHTING PRACTICES

GENERAL STRATEGY

Especially beginners tend to fight against everything and try to control everything. For this reason groundfighting can be very frustrating for beginners, despite their tremendous efforts they keep losing. In time you will learn to differentiate the real dangers from the fake dangers and learn which points are most important to control. You will become more efficient and more strategic, like learning chess.

Despite the value of these efforts, it is advisable to try to train more relaxed. You may lose, but you may discover something more than losing. Groundfighting is pretty heavy, if you don't stay relaxed and get smart you will burn out quick without results.

As said before it is very important to learn how to control your opponent before you try fancy techniques. If you are too keen on scoring you let go of too much of your awareness and control and you will not be able to finish your technique before your opponent escapes.

Also you need to stay out of control positions, learn and practice this. As soon as you are in a control position you will have to invest extra energy in getting out of it and the chances of running into an arm lock, choke, etc. are immediately increased.

THE TOP DOG DRILL (60)

The Top Dog Drill is an ideal exercise to acquire general wrestling drills, both on the ground and in standup fighting. The nice thing about it too is that it can be adjusted to the level of the trainees. The basic idea is:

- Try to keep the best hold on the opponent continuously, whatever your opponent does.
- If one controls the opponent for 5 seconds in one hold, then one has to change to hold.
- The simplest and safest way to practice this is to limit the holds to hand/wrist grabs. This means you can only grab the opponent's hand or wrists (fingers may be excluded for safety reasons). More advanced students can be permitted to apply wrist locks.
- From here one can continue to make it more complicated and heavier by including grabbing the elbow, then upper arm, then neck or kimono. Finally one can allow every possible grab.
- In the groundfighting version one can include the rule that you start again as soon as one person ends up in a lying position on the ground or continue. The

first will focus more on the tie-ups and clinches, the second one will also include the control positions.

FLOW DRILL (JU)

Flowing with the changes is as important as controlling the situation. In order to be able to flow with the changes one needs to have some sense of what is going on and what the possibilities are, so this exercise is more appropriate for experienced persons. It is much like the type of randori which I call 'flow sparring'. In 'flow sparring' both opponents continuously execute techniques without trying to wait for opportunities. They just keep going with a sense of giving and taking. This can also be practiced on the ground. Both opponents consciously try to see or feel what technique can be applied from where they are at that very moment. Generally, but not rigidly, they go back and forth. Giving each other chances. There should be no stop, no thinking about what next. Just keep going.

USING VITAL POINTS IN GROUND FIGHTING

Advanced students can practice the use of vital points relatively safe if one chooses a set of vital points that can be used and should be aimed for. A possible selection could be:

- Dokusen
- Murasame
- Yako (grabbing the flesh of the upper part of the inner thigh).
- Throat
- Hairs



One can also focus on using these points in order to escape from a control position, strangulations or arm lock.