



When the Fight Goes to the Ground: Jiu-Jitsu Strategies and Tactics for Self-Defense [DVD Included]

Lori O'Connell

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When the Fight Goes to the Ground is a martial arts book/DVD combo that offers a complete guide to ground fighting techniques and principles. It establishes the risks and hazards of various ground defense scenarios, presents effective strategies for neutralizing and minimizing them, and introduces a wide range of tools for effective self defense and escape. The techniques are easy to learn and apply, providing an adaptable skill set for anyone, regardless of size, strength, or gender. O'Connell Sensei demonstrates defenses for simple hold-downs, ground and pound, submission grappling pins, chokes, arm locks, leg locks, knife attacks and multiple assailant scenarios.

Being on the ground is a dangerous place to be, but after reading *When the Fight Goes to the Ground: Jiu-Jitsu Strategies and Tactics for Self-Defense*, you'll know how to quickly get out of the situation and get back on your feet.

Chapters include:

- Understanding the Ground
- How to Stay Safe on the Ground
- Primary tools for Ground Defense—Body Shifting and Control
- Primary tools for Ground Defense—Attacks to Vital Targets
- How to Breakfall on Concrete
- Defending From the Ground Against a Standing Attacker
- Defending Against a Mounted Attacker
- Defending Against an Attacker From Guard
- Defending Against an Attacker Mounted on Your Back
- Defending Against an Attacker Kneeling Between Your Legs, Belly Down
- Defending Against Side Controlling Positions
- Defending Against Bottom Controlling Positions
- Applying Neck Restraints
- Defending Against Common Neck Restraints
- Applying Joint Locks
- Defending Against Joint Locks
- Defending Against Knife Attacks on the Ground
- Defending Against Multiple Attackers on the Ground

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