
CHAPTER 3
BASIC GROUND-FIGHTING TECHNIQUES

Basic ground-fighting techniques build a fundamental understanding of dominant body position, which should be the focus of most combatives training before moving on to the more difficult standing techniques. Ground fighting is also where technique can most easily be used to overcome size and strength.

Section I. DOMINANT BODY POSITION

Before any killing or disabling technique can be applied, the soldier must first gain and maintain dominant body position. The leverage gained from dominant body position allows the fighter to defeat a stronger opponent. An appreciation for dominant position is fundamental to becoming a proficient fighter because it ties together what would otherwise be a long confusing list of unrelated techniques. If a finishing technique is attempted from dominant position and fails, the fighter can simply try again. If, on the other hand, a finishing technique is attempted from other than dominant position and fails, it will usually mean defeat. The dominant body positions will be introduced in order of precedence.

3-1. BACK MOUNT

The back mount gives the fighter the best control of the fight (Figure 3-1, page 3-2). From this position it is very difficult for the enemy to either defend himself or counterattack. Both legs should be wrapped around the enemy with the heels “hooked” inside his legs. One arm is under an armpit and the other is around the neck and the hands are clasped. Even though a fighter may find himself with his own back on the ground this is still the back mount.

CAUTION

While in the back mount, the fighter’s feet should never be crossed because this would provide the enemy an opportunity for an ankle break.

