

STUDENT NOTE SHEET

GROUND SURVIVAL LEVEL 1



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FORCE OPTIONS SELF-DEFENSE 400 Block Muskegon Ave Whitehall, MI

GROUND SURVIVAL FUNDAMENTALS LV-1

Level One

FUNDAMENTALS			
Ground, Standing Positions & Escapes			
Mount-Base	Mount-Full	Three Point-Base	Standing Clinch
Mount-Rear	Side Control	Guard	North South
Knee On stomach		Head Lock	

FUNDAMENTALS				
Ground Exercises & Drills			Striking and Kicking	
Crab Walk	Duck Walk	Bridging	Front Kick	Knee Striking
Bunny Hops	Salamander	Sprawling	Round House	Elbow striking
Bear Crawls	Lunge walks	Standing sit out	Side Kick	

FUNDAMENTALS				
Tactical Break-falls Street Falls		Recovery From – Sitting		
Standing-Front	Standing-Back	Side to Knee sit	Half sit to Knee	Knee to stand Fwd.
Standing-Left	Standing-Right	Sitting to Knee	Knee sit to high	Knee to stand Bck.

Tactical Recovery	
Lying Side position to standing (back)	Lying Side position to standing (front)
Recovery from Push to Knee (front)	Recovery from Standing sweep

Tactical Takedowns	
Single Leg – Takedown	Duck Under (clinch)
Double Leg – Takedown	Head Lock Clinch

Drills	
Kicking & Mobility Drill 1	Elbow Drills
Recovery Drills	

See your Rank Sheet to see what is required

GROUND SURVIVAL FUNDAMENTALS LV-1

UNDERSTANDING POSITIONS

Basics (Understanding Ground Positions)

Mount Position



Full Mount Position



Rear Mount Attacker has your back



Side Mount



GROUND SURVIVAL FUNDAMENTALS LV-1

UNDERSTANDING POSITIONS

North-South Position



Guard Position



Knee on Stomach



Headlock Position



GROUND SURVIVAL FUNDAMENTALS LV-1

UNDERSTANDING POSITIONS

Three-Point Base Position



3-Point Base: It is important, so you can move and transition without being off balance and to give you strength for defending from the ground.

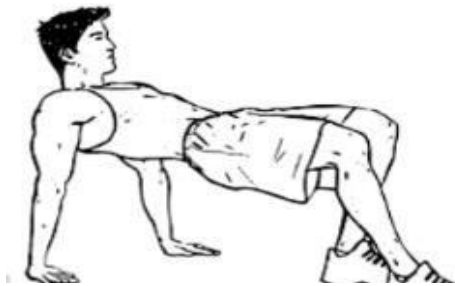
Standing Clinch



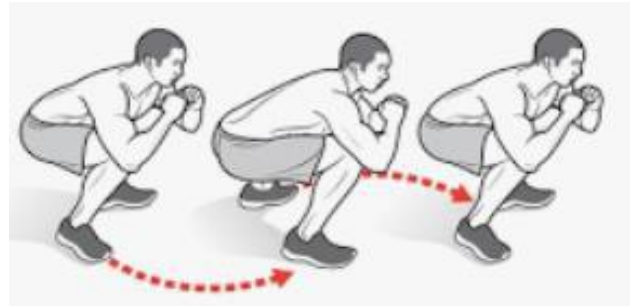
GROUND SURVIVAL FUNDAMENTALS LV-1

GROUND EXERCISES & DRILLS

Crab Walk



Duck Walk



Bunny Hops



wild How to Do Plyometrics Workouts

Bear Crawl



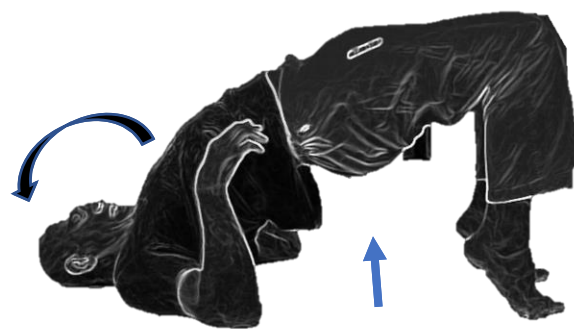
Sprawling



Avoiding the Single and Double Leg Take Down

Bridge & Roll

2. Roll to your left or right shoulder



1. Bridge up on Balls of your feet and your Shoulder blades

GROUND SURVIVAL FUNDAMENTALS LV-1

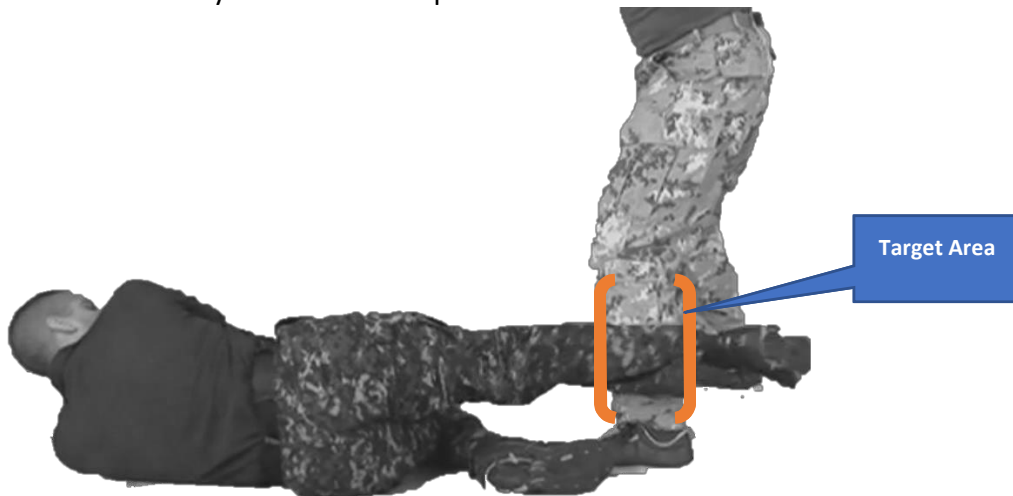
UNDERSTANDING & STRIKING

Kicking from the Ground:

- 1.) Front Kick: From the crab walk position lift one leg and angle the foot sideways to deliver a front kick to the attacker's knee or leg inside of hipbone. Stay Low when you kick do not kick high



- 2.) Roundhouse Kick: from a side position laying position three-point base - deliver a round house kick to the area near the lower part of the calf muscle or ankle. (Do not chamber your kick as soon as you hit turn to 3-point base and kick



GROUND SURVIVAL FUNDAMENTALS LV-1

UNDERSTANDING & STRIKING

- 3.) Side Kick: From a side laying position you can deliver a straight side kick to the side of the knee. This can also be used as a combination strike. (If you deliver a round house kick to the attacker's leg and they lift the leg to try and avoid the strike, you use the side kick to deliver the 2nd shot with the same kicking leg.



- 4.) Knee Striking: You will usually be in a position where you are holding the attacker down or you're in a side mount delivering these strikes.



GROUND SURVIVAL FUNDAMENTALS LV-1

UNDERSTANDING & STRIKING

1.) Elbow Striking: Always stay low when applying elbow strikes. In Image one you will see you are covering the attackers face and holding them down. Now raise up very small and slip the elbow in by holding the attacker down and slip your hand into your armpit and apply the strike as in image 2



GROUND SURVIVAL LV-1 RECOVERY

Tactical Recovery to Stand-up [Concept Ground Basics]

Emphasize 3 points of base 1-6

1.) _____

2.) _____

3.) _____

4.) _____

GROUND SURVIVAL LV-1 RECOVERY

TAKE DOWN TECHNIQUES 1-4

1.) _____

2.) _____

3.) _____

4.) _____

GROUND SURVIVAL LV-1 DRILLS

Ground Survival Mobility Drill 1: Movement

Ground Survival Mobility Drill 2: Movement and Kicks

Elbows from the Ground Drills (1-2)

1.) _____

2.) _____
