

STEPHAN KESTING AND
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PRESENT

STRIKE DEFENSE

NEVER LET THIS HAPPEN AGAIN!!!

IT DOESN'T MATTER IF YOU DO BJJ FOR FUN AND HAVE NO INTENTION OF EVER DOING MMA...

YOU STILL HAVE TO KNOW THE BASICS OF DEFENDING STRIKES ON THE GROUND!

(AFTER ALL, YOU MIGHT NEED TO USE THIS STUFF FOR SELF DEFENSE AT SOME POINT)

HERE'S THREE TECHNIQUES TO GET YOU STARTED!

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CLOSED GUARD

IF YOUR OPPONENT GETS HIS POSTURE IN YOUR CLOSED GUARD HE'S GONNA SMOKE YOU!

HERE'S ONE WAY TO MAKE HIM PAY FOR EVEN THINKING ABOUT DOING THIS TO YOU!!

NOT THE RIGHT WAY!!!

HMMM, HE'S SITTING UP. WHAT'S HE GONNA DO?

POW!

TRY THIS INSTEAD...

WRAP THE ARM & HOLD THE HEAD

MOVE SIDeways & PUSH THE HEAD

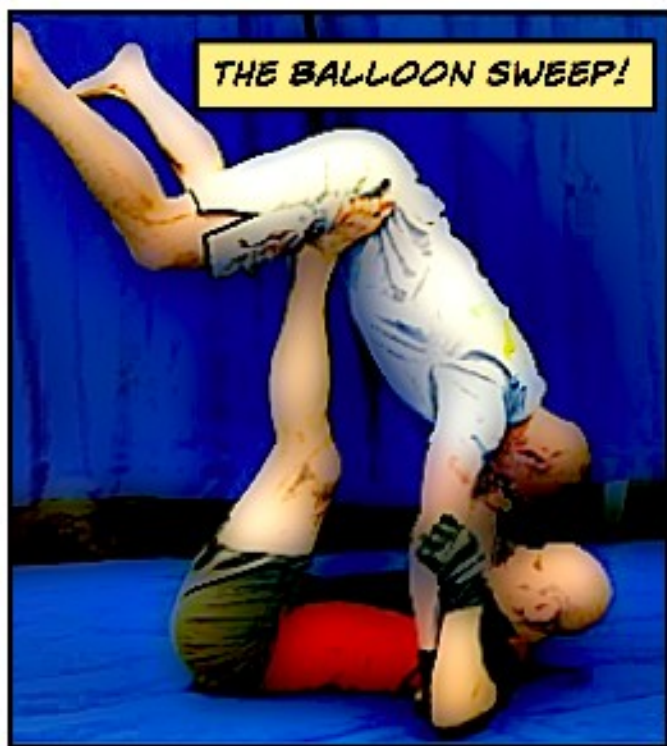
KNEE DOWN ON THE BACK OF HIS SHOULDER

IT'S CLOBBERING TIME!!

WELCOME TO OMO PLATA!

CAN'T KEEP HIM TIGHT IN
THE CLOSED GUARD?
DON'T PANIC! SWITCH TO THE

OPEN GUARD



YOU'VE REALLY DONE IT NOW... HOW ARE YOU GOING TO ESCAPE FROM

THE MOUNT



LESS THAN IDEAL!!

OH NO!!



BIFF!



INSTEAD GO WITH THIS...

A BIG BRIDGE TO PLANT HIS HANDS



TRAP THE ARM & LEG



BRIDGE A 2ND TIME...



HERE'S A GIGANTIC NIGHTY-NIGHT ELBOW!!

BLAMMO!



ROLL TO THE TOP

A GENERAL PRINCIPLE WHEN THERE ARE STRIKES INVOLVED...



EITHER KEEP YOUR ENEMY CLOSE...



...OR FAR, FAR AWAY

MORE GRAPPLING INFO!!

MIDDLE RANGE IS THE MOST DANGEROUS



THE GRAPPLING CONCEPTS COURSE

THIS 26 WEEK VIDEO-BASED COURSE IS ABOUT THE PRINCIPLES AND CONCEPTS CENTRAL TO ALL EFFECTIVE GRAPPLING.

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