

THE ART OF JU-JITSU

Section 4. GROUND MANOEUVRES

**The British Jujitsu Society
29 Warwick Row
Coventry**

THE ART OF JUJITSU.

Section 4.

Ground Manoeuvres.

Before commencing this Section it is just as well to go through Section 3 once again, or at least to have it by you to refer to the illustrations of each Lock as it is mentioned. This Section will thereby be much easier to learn.

Having thrown your antagonist, or rather in the act of throwing him, the best manoeuvre in most cases is to obtain the Straight Arm Lock between Thighs from Standing Position. With practise it is possible to jump into this Lock, thereby doing it so quickly that your leg is across your opponents throat, and his arm is trapped simultaneously with his reaching the ground from your Throw. It is well worth the while practising again and again until the Lock and the Throw become one lightning like movement.

If you are not expert enough at getting this Lock, or if the Throw has not "come off" quite as you intended, the next best thing to do is to take up instantly one of the Standard Positions. Drop straight away into Astride or Sitting or Kneeling Position.

The Astride Position.

One of the most convenient ways of throwing your man and getting into Astride is by giving him a Half Ankle Roll. If you intend throwing him to the right, grip his sleeve in your right hand and his lapel in your left, pull him well to the right as you give him the Ankle Roll, and hold on to his left lapel so that he brings you naturally with his impetus into Astride.

As you swing into Astride your first act, of course, is to slide your right hand along his right collar as a start for the Neck Lock. If your opponent does not prevent you, instantly follow up with your left hand and complete the Neck Lock.

As soon as you arrive in Astride your opponent is sure to do something to prevent your getting the Neck Lock.

We will now deal with every possible movement of your opponent and describe what you should do in each case.

1. If he prevents you getting in your left hand for the Neck Lock by putting his left hand up to his face, you may either,

(a) grasp the inside of his left sleeve with your left hand, and swing into the Straight Arm Lock between Thighs on his left arm, or

(b) retaining your right hand grip, lean down close to his face, grasp the back of his collar and from the RIGHT side of his face with your left hand, then suddenly swivel your left forearm under and round his head, thereby bringing it to the LEFT side of his neck and completing the Neck Lock. The only difference between this and the orthodox Neck Lock is that the little finger side, instead of the thumb side, of your left hand presses against his neck. The Lock is all the more effective for that, however.

2. If he tries to push away your head, chin or cheek, or grip your hair, lapel or sleeve, with his right hand, then

(a) grasp his wrist with your left hand and his sleeve with your right hand and swing into Straight Arm Lock between Thighs, or

(b) grasp his wrist with both hands and swing over your left leg into the Leg Across Neck Straight Arm Lock

If he pushes with left hand, and same Locks apply vice versa.

3. If he tries to pull you down to him with his hand against the back of your neck, either



(a) use the Straight Arm Lock between Thighs, or

(b) give to him a little and place your arm over his so that the crook of your elbow grasps his upper arm, then straighten his arm by pressing outwards and backwards with your neck and inwards with your arm. use the other hand to assist, if need be.

This is the Over Arm Straight Arm Lock (Fig. 1).

4. If he tries to hug you round the waist, apply the Underarm Straight Arm Lock. This is similar to Fig. 1, except that his forearm is held under your armpit instead of being over your shoulder. You hold his upper arm in the crook of your elbow and press inwards with the assistance of your other hand or grasping his jacket and straightening your arm.

5. If he tries to jab your thigh with his elbow you can usually get a Bent Arm Lock.

6. If he grips or pushes against your thigh, knee or leg, pin down his wrist, jump away into Kneeling Position, and apply the Trussed Arm Lock.

7. If he tries to jab your back with his knees, or tries to bunt you up or forward or pushes you backwards against your hips whilst bunting you, apply the Splits.

8. If by bunting you and pushing you bodily backwards he manages partly to escape from your Astride by getting a leg out under your knee, roll back instantly, grip the escaped leg with your thighs and apply a Calf Muscle Lock.

9. If he gets a Neck Lock on you, unwind it by jumping into the Headways Position. Whether you jump to the right or to the left depends on which hand he has uppermost.

10. If while you are leaning down to him he puts your neck in chancery with the idea of getting a Neck Lock, either

(a) jump into Kneeling Position or into Headways Position, if necessary, thereby unwinding the hold, or

(b) jump into Sitting Position and apply the "V" Neck Lock. If his left arm is round your neck take the Sitting Position on his left, if his right arm, jump into Sitting Position on his left, if his right arm, jump into Sitting Position on his right.



11. If he turns sideways with the idea of twisting out of your Astride he lays himself open according to the position of his arms to either Straight Arm Lock between Thighs, or leg across Neck Straight Arm Lock, or Reversed Trussed Arm Lock. To do this Trussed Arm Lock - assuming he has turned his right side towards you, grasp his left wrist with your left hand, and, inserting your right arm under his armpit and over his forearm grasp your own left wrist, or vice versa
Fig. 2. You can now force his arm backwards into the Lock.
You also can usually get a Neck Lock, either from front or behind

12. If he tries to roll you over bodily Sideways you can usually prevent him doing so by gripping him with your knees and keeping control of your weight - "riding" him so to speak. If he manages to roll you over you may either

(a) continue the roll into Between Legs Position, or

(b) roll halfway and apply the Underarm Straight Lock in doing so. This is usually possible, because to roll you over he has to grip your arm at about your shoulder.

There is a Forearm Neck Lock which can sometimes be applied from astride. Having inserted your right hand for the orthodox Neck Lock, failing getting your left into position, you simply bring your right forearm down hard across your opponent's Adam's apple. To make the Lock really effective it is necessary to prevent him from twisting by pinning down his right arm with your left.

We have now fairly well exhausted the possibilities of what your opponent can do, except that he might perhaps try to punch you or wriggle furiously. You can prevent both by leaning well down to him, This holds him down effectively.

Further Hints.

13. If you miss the Overarm or Underarm Straight Arm Lock, or the Bent Arm Lock, instantly replace your right hand for the Neck Lock.

14. If you miss the Splits or the Calf Muscle Leg Lock, regain your proper Astride Position at once.



15. If you miss the Straight Arm Lock between Thighs or the Leg Across Neck Straight Arm Lock, insert your forearm behind your opponent's neck and grasp the shin of the leg which is across his throat. Straighten your leg and arm and you have the Leg and Arm Lock, Fig. 3.

16. Failing that, in the case of the Leg Across Neck Straight Arm Lock regain your astride at once, and in the case of the Straight Arm Lock between Thighs, twist, facing your opponent, into Headways position, or pull him to you into Between Legs Position.

The Sitting Position.

After you have thrown your opponent you may find it more convenient to take up the Sitting Position, and we will assume that you are sitting on your opponent's left side with your left arm round his neck. You should, if by any means possible, make sure of having your opponent's left upper arm across your left thigh, ready to straighten it out into the Heel and Thigh Straight Arm Lock.

(1) If he resists by keeping his arm strongly bent, insert

your right arm through the crook of his elbow and with your hand on your left knee for leverage, press outwards against his forearm with the sharp edge of the bone of your forearm. This, being painful, will make him release his resistance sufficiently to enable you to straighten his arm further by means of your right leg. When his arm is fully straightened out, his wrist will be just in the right position underneath the inside of your right knee, and you proceed to lift your left heel on to your right knee to help you press down his wrist with your right knee and press upwards his upper arm with your left thigh.

(2) If you fail to get his left upper arm across your left thigh or if he slips it off by pulling his elbow close into his body, unless, you can get a "V" Neck Lock, it is safer to jump or turn at once into some other Standard Position, because the withdrawn arm usually means that your opponent is either going to haul you over his body or twist away from your grip round his neck.

(3) If your opponent hugs you round the waist with his arms for the purpose of hauling you over, hold on to his left arm with your right, and anticipate his move by jumping into Astride. This brings you into the right position to apply the Underarm Straight Arm Lock on his left arm.

(4) If he hugs you round the neck with his left arm, jump into Astride in a similar manner and apply the Overarm Straight Arm Lock.

- (5) If he pushes against your chin with his left arm, either
- (a) push it away to your left by striking his elbow with the palm of your right hand, bring down your head against his head and apply the "V" Neck Lock, or
 - (b) press his arm down till you can grasp his wrist in your left hand and apply the Bent Arm Lock.

(6) If he grips you by the hair with his right hand, or presses backwards against your chin with his right forearm, or otherwise tries to pull you backwards, either

- (a) grasp his right upper arm in the crook of your left arm, turn and rise into Kneeling Position and apply the Underarm Straight Arm Lock, or
- (b) jump into Astride or Headways Position and apply the Straight Arm Lock between Thighs on his right arm.

(7) If he brings up his feet behind you, grasp him through the crook of one of his knees with your right arm and apply the Cradle.

Further Hints.

(8) If your opponent manages to twist away out of your grasp you must rise and turn either,

- (a) with Kneeling Position and apply the Side Neck Lock as described in Kneeling Position paragraph 3, or
- (b) into Headways Position and apply the Neck Lock from Front.

(9) If your opponent manages to haul you over his body you must swivel round and bring your legs into play as described in the Between Legs Position paragraph 1.

The Kneeling Position.

We will assume that you have gained the Kneeling Position on your opponent and you are lying crosswise across his chest with your knees at his left side.

1. If your opponent exposes his right arm, you of course take the opportunity of immediately getting on it either a Bent Arm Lock, a Trussed Arm Lock or a Straight Arm Lock.

2. If your opponent turns away from you, so as to bring his back towards your knees, you may either,

- (a) turn into the Sitting Position and apply the "V" Neck Lock, or
- (b) place your right arm round his neck and grasp his left lapel, at the same time bringing your left forearm across the left side of his neck. In this way you have his neck between the crook of your right arm and the sharp outer edge of your left forearm, and you proceed to exert pressure with your right arm with the assistance of his left lapel and with your left forearm, by resting your left hand on your right upper arm for leverage in pressing against his neck. See fig. 4.



This is the Folded Arms Neck Lock. If he turns far enough apply the Neck Lock from Behind, or

- (c) if his arm is in the right position you may apply the Trussed Arm Lock as described in paragraph 11 in the Astride Position.

3. If he turns towards you place your right arm round the back of his neck so that your right forearm presses the left side of



his neck. Grasp your right fist in your left hand to pull upwards and press his head sideways and downwards to your right with your right upper arm. You may have to bring up your left

knee across his right hip in order to prevent him from rising. This is the Side Neck Lock, Fig. 5.

4. If he puts his left arm round your waist with the object of heaving you off, you may apply either the Underarm Straight Arm Lock or the Straight Arm Lock Between Thighs.

5. If he hugs you round the neck with his right arm round the left side of your neck, jump into the Astride Position and apply the Underarm Straight Arm Lock, or the Straight Arm Lock Between Thighs.

6. If he hugs you with his right arm round the right side of your neck, that is to say, with your head in chancer, you may either,
(a) jump across into the Sitting Position on his right side and apply the "V" Neck Lock, or



- (b) place your right arm round his shoulder and straighten up pulling him towards you into the Shoulder Lock, Fig. 6, or
- (c) jump into Headways Position, turn your opponent sideways and apply the Neck Squeeze.

7. If he brings up his feet with the object of bunting you, or heaving you off, you may be able to grasp his right foot with your left hand so that the little finger side of your wrist presses against the outside of his ankle. Now by pressing your elbow against his thigh, so as to pull his foot outwards, you will be able to get the Leg Twist Lock, Fig. 7.



It is possible to get a similar lock on his left leg, but in this case you take his ankle in the crook of your left arm and apply leverage by resting your hand on his thigh, so that you twist his leg outwards. In order to prevent him turning away from you it is advisable to apply at the same time the Forearm Neck Lock, with your right hand grasping his right collar.

8. If your opponent simply lies flat with his arms crossed on his chest, thus protecting his neck and keeping his arms unexposed, you may either,

- (a) turn into Headways Position and apply the Neck Squeeze, or



- (b) jump into Astride, roll him over and apply the Kidney Squeeze, or
- (c) place your right arm under his head so that the back of his head rests in the crook of your elbow and grasp his coat at

his right shoulder. Straighten your right arm, whilst at the same time holding down his right shoulder, Fig. 8. This is the Forward Head Lock.

(The Forward Head Lock may also be applied from the Astride by interlacing your hands behind your opponent's head, resting your elbows close together on his chest and pulling upwards towards you).

9. If he puts his left arm between your legs, instantly turn either into Sitting Position or into the Sidelong Lying Position and apply the Heel and Thigh Straight Arm Lock.

Further Hints.

10. If your opponent renders the Shoulder Lock or the Overarm Straight Arm Lock ineffective by holding you too tightly round the neck, change into Headways Position and apply the Neck Squeeze or Straight Arm Lock Between Thighs.

11. If your opponent manages to push you over, push you away, or heave you over, swivel round instantly and get your knee in between you and him as described in paragraph 1 of the Between Legs Position.

The Headways Position.

1. The Headways Position is particularly useful in view of the fact that from it the Straight Arm Lock Between Thighs can be done on either of your opponent's arms with ease. If he exposes an arm at all, either for the purpose of grasping you round the body or neck, simply roll back into the Straight Arm Lock Between Thighs.

2. It is also possible to apply either the Underarm, or Overarm Straight Arm Lock if your opponent exposes an arm at all.

3. If your opponent refuses to expose an arm you may apply either the Neck Squeeze or the Folded Arms Neck Lock.

4. If your opponent turns round with the intention of getting on "all fours", let him do so, and apply the Neck Lock from Front.

5. If he swivels round sideways with the idea of getting his feet towards you let him come, but be careful to obtain the Kneeling Position before he completes his swivel.

6. If he brings up his feet with the object of jabbing your head with his knee, or catching your head between his knees, bring down your head close to his body so that the point of your chin presses against his solar plexus.

The Sidelong Lying and Sidelong Sitting Positions.

There is hardly any necessity to describe the manoeuvres in these two positions in detail, as they are very similar to those already described in the Sitting Position and Kneeling Position. For example, if your opponent resists in Heel and Thigh Straight Arm Lock from Sidelong Lying Position tactics similar to those described in the Sitting Position, paragraph 1.

The Between Legs Position.

The Between Legs Position is one that may be usefully employed in many circumstances. For example, if you happen to be thrown and your opponent is about to drop on you in a Standard Position, you should instantly bring up one or both knees between yourself and your opponent, the object being eventually to get the between Legs Position on your opponent. Assuming that your opponent after throwing you is about to drop into Kneeling Position on your from the left side; as he is dropping raise your left knee so that your shin is lying across the front of hips, and grasp him round the back with your right leg. If he makes efforts to twist round to the left to escape from your legs, hold him in position by pressing against his right hip with your left hand. You are now half way to the proper Between Legs Position and your opponent is sure to give you an opportunity of bringing your left leg right through to his right side with the possibility of getting the Kidney Squeeze. This method of working in the knee between you and your opponent as a preliminary to getting Between Legs Position is also useful if your opponent happens to get a Knelling Position, or a Headways Position on you. In both cases swing you legs first in the opposite direction, then, like a flash, swing the reverse way and insert your knee in the crook of his hips.

Having obtained the Between Legs Position,

1. If your opponent, now kneeling between your legs, comes forward from above you, or if you can pull him forward, immediately apply the Kidney Squeeze.

2. If you fail to get the Kidney Squeeze, do not waste your strength in trying to exert pressure ineffectively, but drop your feet inside his legs and apply the Upper Splits. The Upper Splits is exactly the same as the ordinary Splits, except that your position is underneath your opponent instead of being above him.
3. If your opponent, while you are applying the Kidney Squeeze, turns over on his side, this should give you a still better opportunity of successfully applying this lock, but you may alternatively if you wish simply hold him with your legs round his body, while you are applying the usual Cross Collar Neck Lock or the Underarm or Overarm Straight Arm Lock.
4. If your opponent is too far away from you to hold him effectively in the Kidney Squeeze Position, get your feet in the crook of his hips, and hold either his sleeve, or preferably his right collar with your right hand, preparatory to getting the Cross Collar Neck Lock. It is important to hold him in this way, otherwise if he rises to his feet he escapes.
5. If your opponent rises to his feet while you are in a Feet in Hips Position you may either,
 - (a) give him a Stomach Throw with both your feet and somersault with him into Astride Position, or
 - (b) push away one of his knees with one foot, at the same time pushing up against his hip with the other foot and thus twist him over sideways, following up yourself into Astride Position. This is the Knee Roll and it may be made an exceedingly effective throw.
6. If he rises to his feet while you are holding him in the Kidney Squeeze Position, immediately change into Feet and Hips Position otherwise he can lift you up and bump you against the ground.
7. If while your opponent is in the Between Legs Position, he catches hold of your leg and jumps to his feet with the object of getting a Calf Muscle Leg Lock on you, simply rise with him until you are standing, so to speak, on the back of your neck. In this position catch hold of his legs with both hands and pull them towards you, and with the impetus of his backward fall you should jump forward into Astride Position.
8. It is of course obvious that if your opponent rolls you over from Astride Position he comes naturally into the Between Legs Position. If while he is between your legs you wish to turn him over, back again

into Astride, insert one foot in his hip and push away his opposite knee with your other foot. Alternatively you may, instead of pushing away his knee, insert your foot inside the crook of his leg as if for Splits, and twist him over by pushing against his opposite hip with your other foot.

9. If while your opponent is kneeling between your legs, he puts out and arm to try to get a Neck Lock on you, immediately grasp his wrist, bring your leg over, and apply the Leg Across Neck Straight Arm Lock. It may not be necessary to bring your leg right across his neck, simple pressure with your knee against his elbow while you are pressing back his wrist may be sufficient to make him tap. The Underarm and Overarm Straight Arm Locks are of course applicable from Between Legs Position equally as from Astride.

10. If while your opponent is in Between Legs Position he attempts to get on you a Straight Arm Lock or Bent Arm Lock it is an easy matter to Keep him off with your feet, or better still to apply the Kidney Squeeze or Upper Splits.

11. If he tries to put your head in chancery you may either,
(a) apply the Kidney Squeeze or Upper Splits, or
(b) roll over into Astride and then turn into Kneeling Position to unwind the hold.

12. If your opponent tries to push away your legs with his elbows, bring up your legs, grip him round the neck with your knees, and apply the Neck Squeeze.

13. If he manages to pin down one of your legs with the object of coming forward on top of you, immediately bring the trapped leg between his legs and apply the Ankle Splits, Fig. 9. Whenever your opponent happens to have one of his legs between yours whilst you are on your back, this lock should be applied as follows:-

Cross both your legs above the calf of his trapped leg so as to prevent him escaping from the position. Keep, say your left leg, across his calf, catch his ankle with your right foot so as to hold his foot firmly while you insert your left foot also under his ankle or under your own, and straighten both legs.



14. If while you are in a Kidney Squeeze Position your opponent manages to lift one of your legs over his head with the intention of escaping, or of dropping across you into the Kneeling Position immediately swivel away from him and re-insert your leg by bringing your

knee into the crook of his hips.

Further Hints.

15. If you miss the Leg Across Neck Straight Arm Lock through not getting your opponent's elbow far enough forward, you may, if you are quick, obtain a Straight Arm Lock on the other arm, as usually this arm is in a parallel position.

Alternatively put your arm round his neck and grasp your shin thus applying the Leg and Arm Neck Lock.

16. If your opponent manages to escape from the Neck Squeeze described in paragraph 12 above, swivel away and re-insert your knee preparatory to obtaining the Between Legs Position once again.

Standing Position.

1. If your opponent swivels round on the mat, keeping his feet towards you all the time to prevent you getting to him, either,
(a) cartwheel over his feet and arrive in Headways Position, or
(b) grasp one of his feet and jerk it towards you into the Calf Muscle Leg Lock, or
(c) grasp say his right foot, pull it sharply away to your right, and drop into Kneeling Position, or
(d) grasp his knees, press them sideways, and drop into Kneeling Position.

2. If your opponent tries to get up on "all fours" with his head towards you, apply the Neck Lock from Front.

3. If he turns on "all fours" with his feet towards you, either,
(a) grasp say his left foot in your left hand, step across it with your right leg, tuck it into the right side of your waist and bend forward, Fig. 10. This is the "All fours" Leg Lock, or,



(b) catch his left foot in your right hand, push him flat on the ground with your left hand, and insert your knee into the crook of his knee for the Knee Lock.

4. If your opponent happens to crawl between your legs, while you are standing up, with his head frontwards, you may take the Astride

Position on his back, and either

(a) apply the Neck Lock from behind, or Bent Arm Lock from behind, or



(b) slide from Astride so that you are lying sideways on the ground at right angles to his body and apply the Leg Across Neck Strait Arm Lock, Fig. 11.

Final Remarks.

The above is a fairly exhaustive description of the Locks which can be generally obtained in Ground Manoeuvres by the majority of Jujitsuans. There are sure to be, however, many little devices which will particularly suit your own physique, and this you will find out by practice, and which you can make your own specialty. The more you practice the more things you will discover, and your practice should consist of experiments as well as of five minutes and ten minutes contests.

THE BRITISH JUJISTU SOCIETY
29 WARWICK ROW
COVENTRY