



## Grappling guidelines

For most people grappling is a hobby, although you are learning to fight you should also be having fun. It WILL be hard at times, but if you don't have fun then don't do it.

1. Don't try & kill your partner; it's about learning & applying techniques
2. Grappling is about improving & not just 'winning'
3. When grappling with less experienced students then try new techniques; don't keep using your 'favourites'
4. Focus more on your weaknesses rather than your strengths
5. Get the position before applying the technique
6. Leave your ego at the door
7. Don't hold your breath; breathe normally
8. Relax & pace yourself
9. Don't panic, keep calm & think
10. Leverage & mechanics of a technique are as important as speed & power
11. Don't force a technique, if a technique doesn't work in a few seconds try another, learn to flow from technique to technique
12. It takes years of training to become a proficient grappler
13. Ask questions to clarify the finer points
14. Tap either the mat or your partner to submit (or verbally if both your hands are tied up!)
15. Don't wait till it hurts too much to tap
16. When your partner taps, release the lock immediately
17. Don't get disheartened, remember everybody got tapped out lots when they started
18. Follow instructions carefully and execute moves smoothly and without excessive force
19. Exercise care with all joint-locking techniques since repeated application can cause injury. Particular care must be used in any locks or holds involving elbow and knee joints.
20. Take care when applying any chokes, as the windpipe is easily damaged.
21. Don't bully less experienced students (you were in their position once!)
22. Make sure that your nails are kept short
23. Grappling involves close contact; it is important to ensure that you pay close attention to your personal hygiene
24. Remove all jewellery prior to grappling
25. Tie up long hair
26. Clothing should not have buckles, buttons or any other sharp or hard objects, which may cause injury to yourself or your training partner.