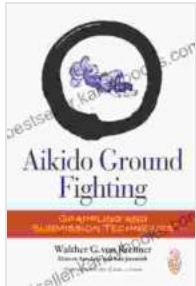


# Mastering Aikido Ground Fighting: A Guide to Grappling and Submission Techniques



## Aikido Ground Fighting: Grappling and Submission Techniques by Damon Apodaca

★★★★☆ 4.2 out of 5

Language : English  
File size : 5605 KB  
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Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 217 pages  
Screen Reader : Supported



Aikido is a Japanese martial art that emphasizes the use of joint locks, throws, and other techniques to subdue an opponent. While Aikido is often thought of as a non-violent martial art, it can be extremely effective in self-defense situations.

Ground fighting is an important part of Aikido, and it can be used to control an opponent who is trying to get away or to take you down. In this article, we will discuss the basic principles of Aikido ground fighting, and we will provide some tips and techniques that you can use to improve your ground fighting skills.

## The Principles of Aikido Ground Fighting

The principles of Aikido ground fighting are the same as the principles of Aikido as a whole. These principles include:

- **Using your opponent's energy against them.** Aikido is a non-aggressive martial art, and it relies on using your opponent's energy to your advantage. When you are on the ground, you can use your opponent's movements to control them and to take them down.
- **Maintaining your balance.** Balance is essential in Aikido, and it is especially important in ground fighting. When you are on the ground, you need to be able to maintain your balance so that you can avoid being taken down.
- **Using leverage.** Leverage is a powerful tool that can be used to control an opponent who is larger or stronger than you. When you are on the ground, you can use leverage to your advantage by using your body to move your opponent's body.

## **Tips and Techniques for Aikido Ground Fighting**

Here are some tips and techniques that you can use to improve your Aikido ground fighting skills:

- **Use your legs to control your opponent.** Your legs are a powerful tool that you can use to control your opponent on the ground. You can use your legs to trap your opponent's legs, to sweep them off their feet, or to take them down.
- **Use your arms to control your opponent's head and neck.** Your arms are also a powerful tool that you can use to control your opponent on the ground. You can use your arms to hold your opponent's head down, to choke them, or to apply a joint lock.
- **Use your body to move your opponent's body.** Your body is a powerful tool that you can use to move your opponent's body on the

ground. You can use your body to roll your opponent over, to take them down, or to apply a joint lock.

- **Practice, practice, practice.** The best way to improve your Aikido ground fighting skills is to practice regularly. You can practice with a partner, or you can practice by yourself using a grappling dummy.

Aikido ground fighting is a powerful and effective martial art that can be used for self-defense or competition. By understanding the principles of Aikido ground fighting and by practicing the techniques described in this article, you can improve your ground fighting skills and become a more effective Aikido practitioner.

## **Aikido Ground Fighting Grappling And Submission Techniques: A Comprehensive Guide to Aikido's Ground Techniques, Including Grappling, Joint Locks, and Submissions**

This book is a comprehensive guide to Aikido's ground techniques, including grappling, joint locks, and submissions. The book is written by a team of experienced Aikido instructors, and it provides step-by-step instructions and illustrations for each technique.

The book is divided into three sections:

- **Grappling:** This section covers the basic principles of grappling, as well as a variety of grappling techniques that can be used to control an opponent on the ground.
- **Joint locks:** This section covers the basic principles of joint locks, as well as a variety of joint locks that can be applied to an opponent on the ground.

- **Submissions:** This section covers the basic principles of submissions, as well as a variety of submissions that can be applied to an opponent on the ground.

The book is an essential resource for any Aikido practitioner who wants to improve their ground fighting skills. The book is well-written and easy to follow, and it provides a wealth of information on Aikido's ground techniques.

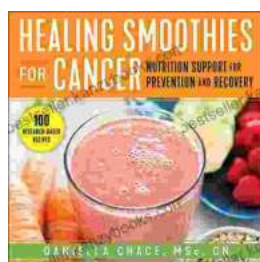


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