



## Basic Ground Defense



This is a very *basic* ground defense. Let's say you have been knocked to the ground or have fallen. It doesn't matter how you got there but you still have to protect yourself.

Hopefully you protected your head as you fell by tucking your chin.

Slapping the ground will help disperse the energy from the fall.

Keep one foot up and "**pointed**" at the attacker.

As the attacker approaches you can begin a "bicycling" motion with your feet to keep them back. Think of a rapid-fire machine gun and drive your feet out in a straight line.

The idea is to strike with your heel, not the ball of your foot. Striking anywhere around the knee (above or below) will stop their forward motion.

Note: Don't just waste your energy kicking for now reason. Rest and wait.





If you have made the decision to “stand” up and escape;

Keeping your face protected with a bent arm, roll to your side while maintaining contact with the attacker’s leg.

Keeping your face protected;

Plant the foot not touching the attacker, plant the opposite arm and raise your hips off of the floor in preparation for the escape.



Keep your hand up to help protect you from a kick in the face.

Now “swing” your leg that was on the attacker through the opening between your hand and other leg.

Never take your eyes off of your attacker.



When you get to your feet;

- 1) Get your hands up and open.
- 2) Tuck your chin.
- 3) Keep your knees bent.
- 4) Run if you can or prepare for your next defensive move.

This is just one of many different types of techniques to use if you have been knocked down or have fallen to the ground during an attack.

There are several schools of thought as to body positioning when you are initially on the ground (on your side, back or more of a sitting position) you will need to explore these positions and see which works best for you.

Stay Safe!

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