

Grappling

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[Hawaiian](#) State Grappling Championships.

Grappling (in [budo](#) referred to as *katame-waza*, 固め技, "grappling technique") refers to the gripping, handling and controlling of an opponent without the use of [striking](#). A **grappler** is a person who predominantly practices grappling in [martial arts](#) or [combat sports](#). Grappling can be used in both a standing position, where it is known as **stand-up grappling**, and on the ground, where it is known as **ground grappling**. Grappling is an essential part of both [clinch fighting](#) and [ground fighting](#).

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General

Grappling is a mode of [fighting](#) used by many different [martial arts](#) around the world. It is not a distinct martial art, but rather, similarly to [striking](#), a collection of techniques and strategies aimed at defeating an opponent. The degree to which grappling is utilized in different fighting systems varies. Some systems, such as [Amateur wrestling](#), [Catch wrestling](#), [Submission wrestling](#), [Judo](#) and [Brazilian Jiu-Jitsu](#) are exclusively grappling arts, and do not allow striking. Many [combat sports](#) such as [Shooto](#) and [mixed martial arts](#) competitions, put much emphasis on grappling, while still retaining striking as part of the sport.

It is however forbidden to grapple in many martial arts and combat sports; usually for the sake of focusing on other aspects of combat such as [punching](#), [kicking](#) or [Mêlée weapons](#). Opponents in these types of matches, however, still grapple each other occasionally when

[fatigued](#) or [hurt](#); when this occurs, the [referee](#) will step in and restart the match, sometimes giving a warning to one or both of the fighters. Examples of these include [Boxing](#), [Kickboxing](#), [Taekwondo](#), [Karate](#), and [Fencing](#). While prolonged grappling in [Muay Thai](#) will result in a separation of the competitors, the art extensively uses the [clinch hold](#) known as a [double collar tie](#).

Grappling techniques and defenses to grappling techniques are also considered important in [self-defense](#) applications and in [law enforcement](#). The most common taught are escapes from [holds](#) and application of [pain compliance techniques](#).



Two [wrestlers](#) engaging.
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Stand-up grappling

Stand-up grappling or sometimes **clinch** (in [budo](#) called *tachi-waza*, 立技, "standing technique") is arguably an integral part of all grappling and [clinch fighting](#) arts, considering that two combatants generally start fighting from a stand-up position. The aim of stand-up grappling varies according to the [martial arts](#) or [combat sports](#) in question, it's nature can be [defensive](#) such as in [Aikido](#) or [offensive](#) such as in [Judo](#) or [Wrestling](#). Defensive stand-up grappling concerns itself with [pain-compliance holds](#) and escapes from possible [grappling holds](#) applied by an opponent, while offensive grappling techniques include [submission holds](#), [takedowns](#) and [throws](#), all of which can be used to inflict serious damage, or to move the fight to the ground. Stand-up grappling can also be used both offensively and defensively in combination with [striking](#), either to prevent the opponent from obtaining sufficient distance to strike effectively, or to bring the opponent close to apply, for instance, [knee strikes](#) such as in [Muay Thai](#).

In [combat sports](#), stand-up grappling usually revolves around successful [takedowns](#) and [throws](#). In [Judo](#) a fight is over if one of the judoka score an [ippon](#), and in some sports such as [Glima](#), the fight is over once one of the opponents has fallen down.



In [Judo](#), the aim of *ne-waza* is to obtain a [chokehold](#), [joint lock](#) or to [pin](#) the opponent. [\[edit\]](#)

Ground grappling

Ground grappling (in [budo](#) called *ne-waza*, 寝技, "ground technique") refers to all the grappling techniques that are applied while the grapplers are no longer in a standing position. The primary concern of in most [martial arts](#) and [combat sports](#) featuring ground grappling, is [positioning](#), which in essence is about obtaining a [dominant position](#). A dominant position generally puts the top grappler in a very advantageous position, he or she can use the position to escape by standing up, [pinning](#) and exhausting the opponent, executing a [submission hold](#), or [striking](#) the opponent. The bottom grappler is on the other hand concerned with escaping the situation and improve his or her positioning, typically by using a [sweep](#).

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Uses

When unskilled fighters get embroiled in combat, a common reaction is to grab the opponent in an attempt to slow the situation down by holding them still, resulting in an unsystematic struggle that relies on brute force. A skilled fighter, in contrast, can perform takedowns as a way of progressing to a superior position such as a [mount](#) or [side control](#), or using [clinch holds](#) and ground positions to set up strikes, chokeholds and joint locks. A grappler who has been taken down to the ground can use defensive positions such as the [guard](#), which protects against being mounted or attacked. If a grappler is strong and can utilize leverage well, a takedown itself can be a form of attack -- the impact to the head can render some opponents unconscious. On the other hand, grappling also offers the possibility of controlling an opponent without injuring them. For this reason, most [police](#) staff receive some training in grappling. Likewise, grappling [sports](#) such as judo have been devised so that their participants can compete using full physical effort without injuring their opponents.

Grappling is called [dumog](#) in [Eskrima](#). The term [chin na](#) in [Chinese martial arts](#) deals with the use of grappling to achieve submission or incapacitation of the opponent (these may involve the use of [acupressure](#) points). Among the styles of [Tai Chi Chuan](#), the [Wu style](#) is known for its [internal](#) or "soft" style grappling (see [pushing hands](#)). Some Chinese martial arts, [Aikido](#) and some [Eskrima](#) systems practice grappling while one or both participants is armed. This practice is significantly more dangerous than unarmed grappling, and generally requires a great deal of training.

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Types of Grappling

Through martial art contests such as the [Ultimate Fighting Championship](#), and interdisciplinary challenge matches throughout the world, it has been established that the most effective systems of pure grappling are [Brazilian Jiu-Jitsu](#), Russian [Sambo](#), [Judo](#) and even American [Catch Wrestling](#), which forms the base of grappling arts like Japanese [Shoot wrestling](#). In these arts, the object is either to take down and pin the opponent, or in the case of Brazilian Jiu-Jitsu, to catch the adversary in a specialized [chokehold](#) or [joint-lock](#) which forces him or her to [tap out](#), and thus admit defeat. Regardless of style, there are two forms of grappling that dictate pace, and style of action: with a [gi](#) and without. The gi form is known for its emphasis on grips using the gi, while the "no-gi" form emphasized body control of the torso and head.

[\[edit\]](#)

See also

[Clinch fighting](#)

[Grappling hold](#)

[Grappling position](#)

[Ground fighting](#)

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References

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External links

[David Thomas' Grappling Technique Catalog](#)

[Judo grappling techniques](#) Includes images and names of the most common judo ground grappling techniques.

[World grappling styles](#)

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