

# Carrying The Grip Dominator To the Gym is AS EASY AS 1 – 2 – 3 ...



[www.gripfighting.com](http://www.gripfighting.com)

It has certainly been a pleasure to work with you to this point in terms of training in the gi. At this point we have covered the strength



training portion of the gripping. The primary thing when it comes to gripping is to develop grip strength and grip endurance. Without having this you are dead before you even begin the fight. When it comes to gripping making sure that you have the necessary grip strength and grip endurance is crucial. To provide you with this foundation we offered

The Grip Domination Package at [www.gripfighting.com](http://www.gripfighting.com) as well as the opportunity to download the Instructional Video and Quick Start Guide <http://payloadz.com/go?id=169033> These tools have been heralded as an invaluable resource and they are used by all of our clients that fight in the gi and our professional football player like to use it as well.

Now on to gripping. In terms of language it is not possible for one to write a book without knowing the elements of grammar and how to structure content. And it is not possible to put together paragraphs without understanding how to make a sentence. And it is impossible to make a sentence without developing a good and useful vocabulary of words. And words cannot be spoken unless one has a good understanding of their "A-B-C's". So before we go off and navigate into uncharted waters and before we discuss gripping sequences, let's get a good understanding of Gripping nomenclature. Now developing the gripping nomenclature is the procedure of assigning names to the different kinds of grips.

So here's what we will cover first:

(sidebar: To help me in this pictorial illustration is BJJ Black Belt and phenom Renato Tavares)



Standard Lapel Sleeve Grip



High Lapel (collar) and sleeve grip



Around the Back and Sleeve Grip



Double Lapel Grip



"Korean" Double Lapel Grip  
(View 1)



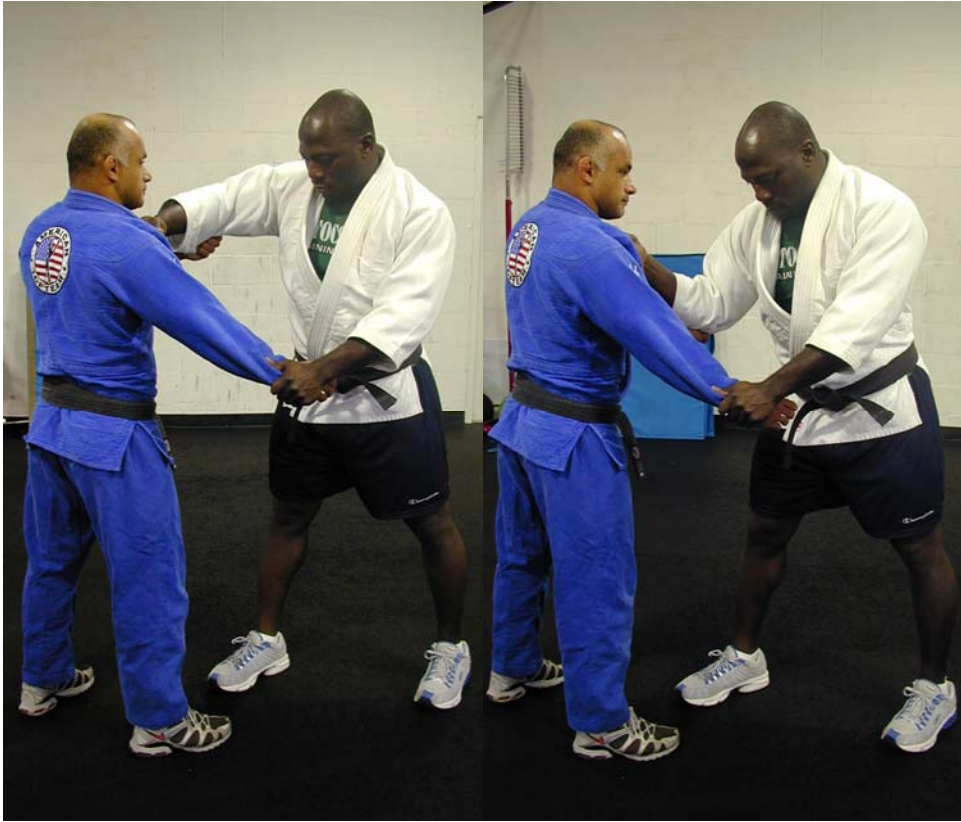
"Korean" Double Lapel Grip  
(View 2)



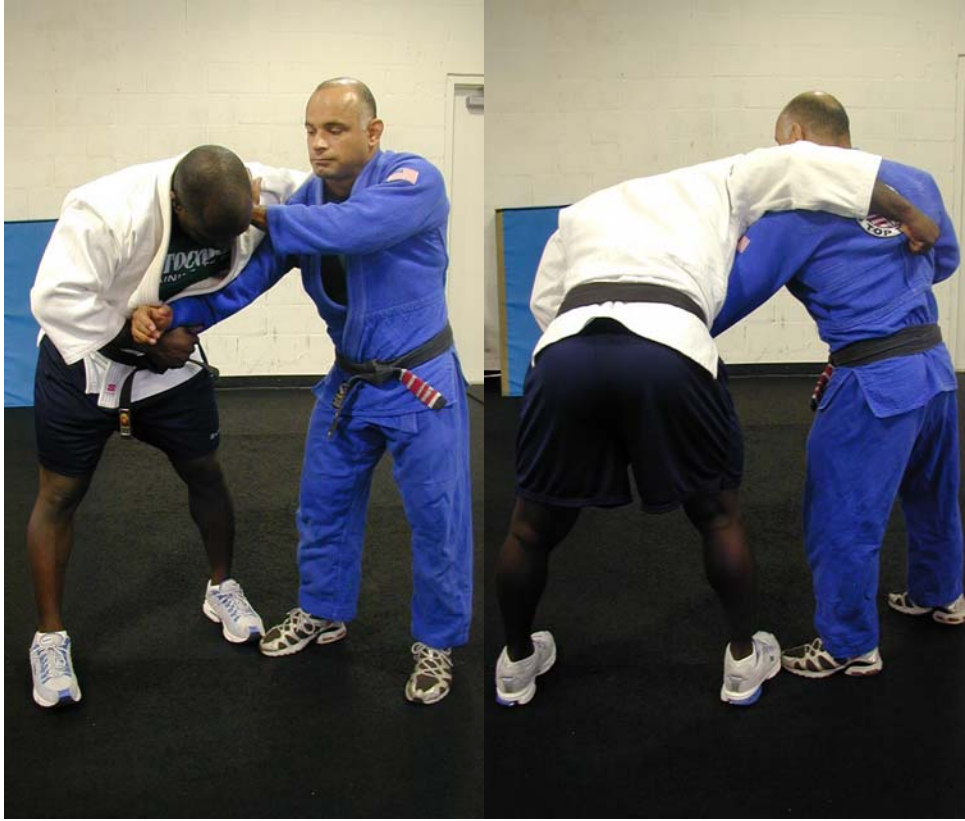
Cross Grip on Lapel



Cross Grip to Sleeve



Standard Cross Grip  
Lapel/Sleeve



Cross Grip Sleeve and Grip  
Around the Back



Cross Grip Lapel and Grip  
Around the Back

Now that we have the Nomenclature set, in terms of the basics, we can begin to have some grip fighting discussions. Now I am not saying that these are all the positions of gripping. There are many and just too many to cover all at once and we have to establish a base from which to communicate. So now that we have that established. Let's continue!!

If you know anyone who wants to join you in these discussion they may send an email to [gitraining@aweber.com](mailto:gitraining@aweber.com) and put in the subject line "Sign Me Up!"