

TOP FIVE TIPS FOR GRIP FIGHTING



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2012 BRITISH SAMBO OPEN CHAMPION

FORMER BULGARIAN JUDO AND SAMBO CHMPION

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GRIP FIGHTING TRAINING CAN BE VERY TOUGH AND PAINFUL TO THE FINGERS AND BONES OF THE HAND.

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GRIP FIGHTING TRAINING CAN DAMAGE BONES AND FINGERS AND CAUSE INJURIES.

PLEASE TAKE CARE.

THIS REPORT IS WRITTEN FOR EDUCATION AND INSIGHT INTO THE TRAINING OF AN ELITE ATHLETE AND COACH. IT CAN NEVER REPLACE TRAINING IN THE PRESENCE OF A QUALIFIED COACH

Hello and welcome to this free report covering my top 5 Tips for Grip Fighting.

If you are reading this then you will have signed up for my free newsletter at my site www.gripfighter.com, have purchased one of my products or signed up at www.theseelfdefenceexpert.com.

Thank you for your continued custom and interest in my training advice. This report aims to offer you my top 5 tips for grip fighting and grip fighting training, however before we begin and just so we start off on the same page I thought it would be best to give you an insight into my career in Judo and Russian Sambo. This will allow you to have a greater insight into my background in the martial arts.

I started judo at the age of 8 in the local town Judo and Russian Sambo club, 60 miles away from Sofia (Bulgaria). Until age of 13 I attended only two sessions a week with other age groups.

At aged just 13 years old I made the decision to join the Bulgarian sport school. This Sports school specialised in Judo and Russian Sambo. You have to remember that Bulgaria has a very different type of educational system than the rest of the world, here at the sports club I would be trained as a potential International Judo and Sambo fighter. Imagine that school from the Harry Potter books called Hogwarts, but instead of wizards this school was for Judo players and you kind of get the idea of what it was like to train there.. Every day we studied grappling in every form, with many guest instructors. It was very tough but a great experience.

I Studied in the sports college until 17 then at 18 I was selected to join CSKA(central sports club of the Bulgarian Army) and became a full time Judo and Sambo player until the age of 20.

Whilst I was a Judo player I won various titles including the National Junior Crowns in both Judo and Sambo. However as a senior I missed out in the national final at just aged 20. I lost the final of that match to my opponent by just 2 points. The opponent I fought that day would go on to be crowned European and World Senior Champion in Judo just 2 years later.

After this things changed as I finished his service in the army and then travelled abroad,

settling in the UK. After numerous years off the mat and 2 knee surgeries later I am now back training and competing. In fact I have just come back from winning the 2012 British Sambo Championship in Scotland.

I am considered an expert In Judo, Sambo, Grappling and self defence and am a Judo instructor with the British Judo Association, a self protection instructor with the British Combat Association and own and coach at Georgiev MMA Academy in Congleton Cheshire.

Here are a few comments that people have kindly said about my skills and my latest DVD available at www.gripfighter.com called The Grip Fighting Workshop Volume One

"George Georgiev has done it again, showing his great knowledge of the sport. His gripping on the DVD is what the people in the sport as been waiting for! It's a must of all grades to buy and try to improve their gripping".- Steve Pullen .
MBE 6th dan.

"Georges gripping skills are second to none and as a left handed fighter he is instantly in a dominant position to outgrip any right handed fighters...if you want to learn gripping from a master buy this video".

Steve Ravenscroft former 5 times british champion

"I have been practicing with george for three years and everyone knows about my gripping skills! and george is one of only a few judoka that gives me trouble , his knowledge of gripping tactics is excellent, valuable tournament info,defo worth a look,"
nick kokotaylo 6th dan,LA,Olympics 1984.

"I saw Georgi Georgiev totally rock the 2012 British Sambo Open championships. He is clearly a very talented jacket wrestler who knows what he's talking about."

Reilly Bodycomb
USA Sambo Team

HERE is a list of my career achievements so far!

First judo competition- age of 13.

First judo medal- age of 14-gold(national judo champion)-under 66kg

Age of 15-national championship under 16- bronze medal-under 78kg

Age of 16- national judo champion –under 95kg

17-two bronze and a silver medal from the national championship for juniors under 18 and under 21.

18 silver medal in the national championship for juniors under 18 and silver medal in the juniors international B tournament in Sofia.

19- bronze medal on senior national championship – under 100kg and represent Bulgaria in a Bulgaria this time A tournament.

Before age of 20 finish the national service in CSKA and go abroad to work where miss judo and sambo for 4 years and come in back on the mat again on 2004 mainly for training and teaching.

First sambo comp – 14 years old – gold national champion.

Age of 18 missing the European and world Juniors and seniors championship as loosing the national championship final by only two points different, his opponent won european junior and world senior title two years after.

2012 British Sambo Champion

So now you know a bit about me and why you should listen to what I say. Here are my top 5 tips for grip fighting.

THE FREE GRIP FIGHTING TIPS



This free report for all my list members will reveal my very best tips for grip fighting. Or should I say my top 5 tips for grip fighting. The art of grip fighting or kumikata is such a complicated study you could write a book on the subject. However if you take on board the free advice I know that your grip fighting skills will improve.

TIP 1

Something most important that I try to explain to all my students and martial arts training partners is that: the best way to improve your gripping is to practice grip fighting each session.

People think a strong grip can be improved by doing a weights and special exercise. To a certain extent this is true and however at the same time this just wont give you what you need to give you a grip that can allow you to dominate your opponents.

I do know some very good exercises to improve your strength when you griping which you can see them below but still the most important aspect of gripping is the practise with a partner on the mats.

Something many coaches and players ignore these days is that grip fighting and tactical grip fighting, which is the most important to me because I cant see a way to throw your opponent or take him down to the ground if you don't get your comfortable grip or if you are not able to break his strong grip.

An example of grip fighting training could be:

Each session after warm up do two 3 minutes of grip only fighting (get your grip and don't let uke reach his grip); And in the end of the session same. This means that you have spent at least 6 minutes grip fighting in each class. This doesn't sound a lot but let's do the math. If you do 2 sessions per week then you are training 12 minutes per week on just grip work. Per month would work out at 48 minutes a month on average. This soon starts to add up and you will see vast changes in your gripping skills

TIP 2

To be very good at grip fighting you need to practise a lot of tactical gripping drills. This doesn't just mean that you should only go out and grip fight. You need to add value to your gripping skills. By value I mean that you need to make your practise worth while, so that it 'adds' to your Judo, BJJ or Sambo game. Just going out and trying to grip fight can be totally pointless if you practise with the same partners all the time. So you need to either practice with a lot of training partners. This can be difficult if you have a small club. As a result you may need to agree on certain roles and change your styles of gripping. This will benefit both you and your training partner. You should be practicing at list 2 times a week around 2 to 3 weeks before a competition. The drills below will give you a good start.

Drill 1

Tori (the attacker) tries to get collar and sleeve grip only. Uke (The training partner/receiver of the technique) won't let him or if tori gets his grip he must then brake the grip.

If he cant break the grip Tori gets to go in for a throw. Uke cant attack at all. It is his job to stop his partner/tori from getting the collar and sleeve grip. If he doesn't then he gets thrown. This drill works on several levels. Firstly it will develop the sleeve and lapel gripping of tori, secondly it will develop the grip defence and grip breaks of uke. If he fails to break the grip he will get thrown.

Drill 2

Left against right handed gripping

one of the biggest problem in Judo and Russian Sambo: 80 per cent of the players are naturally right handed and 80 per cent of the coaches (instructors) demonstrate on the right side and also don't push their students enough to work on both sides. Now I realise that not all coaches will agree with me on this, however I strongly believe that players should practise their gripping and their skills on both sides. This will add a whole new dimension to your gripping and basic standing Judo, BJJ or Sambo. It will also allow you to practise against unusual grip fighters such as left handed fighters who go for a high collar grip or lapel grip. There are no limits to the drills you can create.

For this drill Tori tries to get dominate left handed grip and uke practices to brake it or escape from it by attacking again(attacking is the best defence) and other way round with the left handed players.

So your Tori will come out and try and get his dominant grip as a left handed fighter (if your not left handed and have no left handed fighters give it a try). It will be Ukes job to either break the grip or to throw off the grip. You have 4 objectives here:

1. Tori is trying to get a dominant left handed grip
2. Uke will try and stop him getting the grip
3. Uke will try and break the grip
4. Or throw from the grip

Drill 3

Tall players and short players.

It is very common these days when you have to fight some one that is taller to than you. However you can still control the fight by strong gripping. The best example of this is

Iliadis. He is the multiple World and former Olympic Champion at 81 kg player fighting and wining players who weigh in at heavier weights and are a lot taller

than him. He does this by having very strong control with the grip and never let them get the top collar grip.

To train for this problem the drill I suggest is as follows:

Tori Tries to get the over the shoulder or high collar grip. Uke does the opposite and tries to stop this from happening. Again very simple but very effective.

TIP 3

Chin Up Exercises

Find a Chin up bar and tie a judo belt or sleeves from old gi). Then simply pull yourself up. Sounds simple, well I assure you it isn't.

This exercise is not about how many reps or how many sets you can do. It is about the time-(a every match is last 5 minutes) so you have to be able to grip very strong for 5 minutes. This is about grip stamina.

Try and time yourself for 5 x 1 minutes 3 times every day.

You will find that you will fatigue very quickly doing this drill so I suggest that when you cant do chin ups any longer just keep hold the grip on the belt don't go down. Simply dangle and fight the desire to let go. Its tough!

TIP 4

Rope climbing - This tip is very short but not easy!

If you can find a rope try and time your self. Do 5 x 1 minute sets or if you cant do this then hold on and dangle from a safe height

TIP 5

There are many good exercises that you can use your belt and partner for, here is just one:

Lay down on your back and grab the belt on both ends, your partner sits on the mat and faces in to you and is about a meter away from you and he/she holds the middle on the belt.

Then you keep pulling your self and your partner keeps moving backward. This is just a belt version of tug of war but it works really well. Make sure one holds both ends of the belt and the other the loop at the bottom to add strength to the belt.

I hope all of these tips will help every one to get better at grip fighting in whatever sport they compete. I have used these and many drills like this before. Don't forget to learn more about grip fighting visit www.gripfighter.com and purchase my DVD The Grip Fighting Workshop Volume One.

All the best

Georgi Georgiev