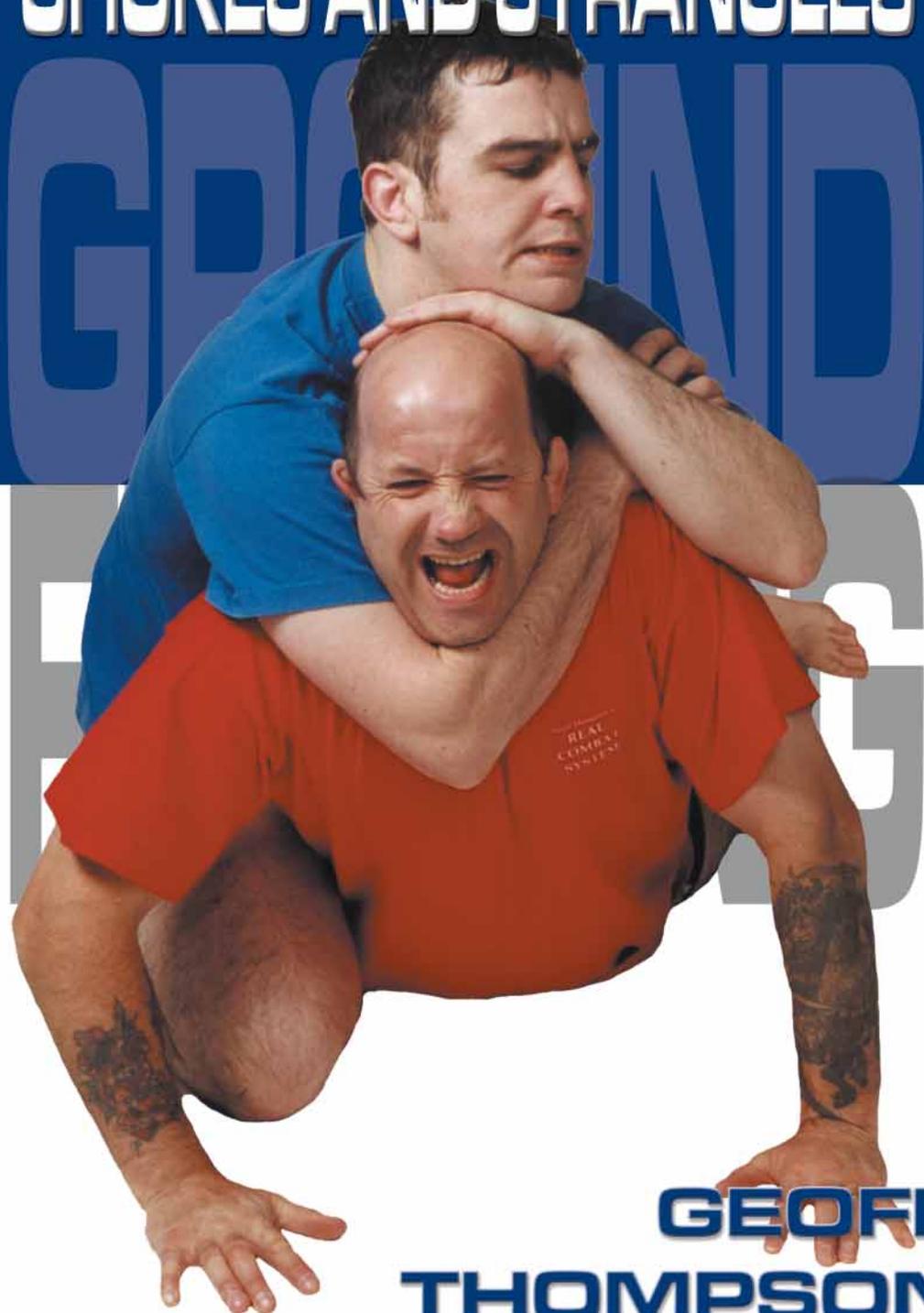


GEOFF THOMPSON'S GROUND FIGHTING SERIES

CHOKES AND STRANGLES



**GEOFF
THOMPSON**

SUMMERSDALE

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Important note

With ground fighting techniques the author recommends that you practice only under supervision to avoid accidents and always employ the 'tap system' in practice (if you want to submit or a technique is too painful or you wish to stop practice at any time tap the mat, tap yourself or your opponent with your hand or foot; if this is not possible just say to your opponent 'tap'). If an opponent taps out it is imperative that you release your hold immediately or suffer the consequence of what might be serious injury, and remember, what goes around comes around. If you do not release when he taps he may not release the next time you tap.

If you have or believe you may have a medical condition the techniques outlined in this book should not be attempted without first consulting your doctor. Some of the techniques in this book require a high level of fitness and suppleness and should not be attempted by someone lacking such fitness. The author and the publishers cannot accept any responsibility for any proceedings or prosecutions brought or instituted against any person or body as a result of the use or misuse of any techniques described in this book or any loss, injury or damage caused thereby.

About the author

Geoff Thompson has written over 20 published books and is known world wide for his autobiography *Watch My back*, about his nine years working as a night club doorman. He holds the rank of 6th Dan black belt in Japanese karate, 1st Dan in Judo and is also qualified to senior instructor level in various other forms of wrestling and martial arts. He has several scripts for stage, screen and TV in development with Destiny Films.

He has published several articles for GQ magazine, and has also been featured in *FHM*, *Maxim*, *Arena*, *Front* and *Loaded* magazines, and has been featured many times on mainstream TV.

Geoff is currently a contributing editor for *Men's Fitness* magazine.

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Introduction

Medically speaking

Welcome to the third volume in this Ground Fighting series, *Chokes and Strangles*. This is the most devastating, misunderstood and dangerous of all the volumes and the practice of what the Japanese Judoka call Shimewaza should be treated, at all times, with the utmost respect, also I do not recommend its practice to minors.

Fatality is the possible consequence of misuse or misunderstanding. A good choke/strangle can take a man to unconsciousness in under three seconds, if held on after unconsciousness it can cause brain damage - even brain death in around 15 seconds.

In a real situation, with time distortion brought on as a part of the adrenal syndrome, 15 seconds may appear to go in the blink of an eye and before you know it you have killed the opponent (which is OK if that's what you intended) and would/could be facing a murder charge. Understanding this

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at the offset is imperative so that practise and actual use can be tempered with, and to, some degree of control so that unfortunate accidents can be avoided.

In the controlled arena we use the tap system to avoid unconsciousness, the recipient tapping himself, his opponent, the floor etc. with his hand or his foot to signify submission, at which point the move should always be released. Outside, of course, there is no such practise and the opponent's response to a choke or strangle will be unconsciousness, whereafter every second is and can prove fatal.

I remember one situation when I worked in the Diplomat pub in Coventry, a great little place right in the heart of Coventry city centre. I was actually with Sharon on this particular night and we were talking away when I noticed a couple of men arguing. Trying to be pro-active and stop the situation before it started I moved over to them and politely asked them to discontinue the argument otherwise I would have to ask them to leave. Now I don't quite know whether they just didn't hear me because they were so deeply engrossed in the argument (adrenal deafness is not an

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uncommon side effect of the fight or flight syndrome) or whether they didn't take my warning seriously, but either way they totally ignored me. Just as I was about to ask them again they kicked off and started fighting, they moved about five feet, locked in a ferocious vertical grappling embrace, and ended up on the main dance floor just by where Sharon and her friend were standing.

I tore after them like a fast thing, grabbed one of the men in a rear choke and pulled him from the other. By this time my partner 'Kenny the body builder' had come to my assistance and grabbed the other guy. The one that I held in the reverse choke was going crazy trying to get me off him. I turned him from a rear choke to a side choke/head lock and increased the pressure to control his thrashing. I whispered into his ear that if he didn't calm down I was going to have to knock him out. The hold was now secure so I was in the right position to do so if need be.

Again he refused to listen and went crazy trying to throw me off: he was a strong guy. I tightened the lock once more and his struggling ceased, when I gently released the grip to see if

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he had 'gone' he fell to the floor in an unconscious heap, he didn't come around for a couple of minutes and when he did I helped him up and showed him to the door. He asked me who had 'sparked' him, I told him that I had and he said 'Oh!' and left without further ado.

I personally have had very many KO's in the street with these techniques and I am in no doubt of their potency. It's a good feeling when you have secured the hold (whichever one you are employing) and you know that the fight is over because, once on, the chance of escape is almost non-existent. In my early days I knocked several people out with chokes and strangles by mistake because I did not appreciate their potency, where I held people with what I would consider restraining force I knocked them out because the force was too much. Through experience I learned to use enough control to restrain an opponent when ejecting him from the club, without knocking him out, though I was always then in a position to take the hold to unconsciousness if the need arrived.