

# Clinch Work

## A. Clinch Positions

### 1. Basic Clinch

This is the basic clinch position from the level one course.

### 2. Inside Control

One hand should be on top of the other, both pulling the neck downward. Elbows should be tucked in to control the range.

### 3. Neck and Biceps

One hand is cupping the back of the neck for control and the other on top of the biceps. Using your elbows to control punches.

### 4. Over and Under

#### a. Controlling

Your arms are locked together high behind his arms to control his shoulders

#### b. Blocking

One arm is hooked under his armpit and the other is extended across the waist to block knee strikes.

### 5. Both Arms Under (high)

Your arms are locked together high behind his back to control his shoulders.

### 6. Both Arms Under (low)

Your arms are locked together around the small of his back.

### 7. Front Head Lock

Your opponent's head is in your armpit, as in the guillotine, with the arm around his neck also controlling his arm.

### 8. Counter to inside control

One arm extends over his arms and across his neck keeping him away by pressing against his neck. The other arm reaches under his arms and across your own waist to block knee strikes.

### 9. Long Range

Your hands should be cupped across his forearms to control them to either side.

## B. Pummeling

### 1. Level One

#### a. Basic

From either Over and Under clinch position, dig the near side hand between his arm and your chest in an attempt

to achieve the Both Arms Under clinch position. He will do the same thing at the same time so that you change sides. You should push slightly against him and your legs should change sides in coordination with your arm movements.

**b. Near Side**

If he controls your attempt to achieve the basic clinch position by hooking his arm under your armpit, snake your arm over his and through his armpit at the same time stepping behind his leg. By quickly pushing upwards with your arm and moving your hips forward, you then shuck your shoulder into his armpit and gain the position.

**c. Changing Sides**

If he controls your attempt to achieve the basic clinch position by wrapping his arm over yours and the through your armpit this is called a whizzer. To defeat the whizzer, snake your other hand into his armpit on the far side and change sides. Shuck your shoulder to gain the position as before.

**2. Outside to Inside Wedge**

Roll your shoulders and insert one hand at a time to gain the Inside Control position.

**3. Over to Under Lever**

Reach over one of his arms at the elbow and place the back of your hand under his other elbow. Placing your palms together push his arms upward. Use the space this has created to wedge one hand at a time into the Inside Control position.

**4. Under to Over Lever**

Reach under one of his arms and over the other at his elbow. Using your own elbow, push his arm upward by leaning with your shoulders and use the space this creates to wedge one hand at a time into the Inside Control position.

**5. Push the Elbow Inward**

If his elbows are too tight together to use either the Over to Under or the Under to Over method, grasp his elbow with one hand and push it inward gaining power by simultaneously turning your shoulders. With the free hand first, use the space this has created to wedge into the Inside Control position.

**6. Double Elbow Lift**

If his elbows are very tight together, you can grasp them both and by getting your hips under them, straiten his arms by pushing them both upwards. As before, use the space this has created to wedge one hand at a time into the Inside Control position.

### **C. Knee Strikes**

#### **1. Long Knee**

The Long Knee is a strike that is used when there is space between you and is either directed straight out or slightly rising. At the appropriate range pulling him toward you can enhance its effectiveness.

#### **2. Round Knee**

The Round Knee, sometimes called the curved knee, is a strike that comes from the side typically into the ribs. As the long knee it can either be a horizontal strike or slightly rising.

#### **3. Up Knee**

The Up Knee is a rising strike usually to the head but occasionally into the chest. It can be thrown either directly to the front or to the side but is typically thrown at very close range.

### **D. Knee Counters**

#### **1. Hip Check**

One simple method to counter Round Knee strikes is by moving your hip inside of the most powerful arc of the strike. When done correctly your hip will meet the strike on his inner thigh.

#### **2. Pull Toward The Knee**

In order to throw a knee strike he must pick his leg up. At this same moment if you pull him toward the leg he is attempting to strike with he will be forced to place it on the ground to avoid falling.

#### **3. Pull Away From The Knee**

If he is leaning away from the leg with which he is attempting to strike you, you may not be able to pull him toward it. You may however at the same moment as before be able to pull him in the other direction, away from the knee, and force him to step backwards to avoid falling.

#### **4. Hand Check**

When you feel the enemy pull backwards in preparation for a knee strike, you can sometimes pull your hand away and stop the strike by blocking his hip. It is important to immediately replace your hand to a control position on top to avoid being open to hand or elbow strikes.

**5. Knee lift and grab**

As a knee strike comes in, lift your knee under his leg and then grasp the leg with your arm.

**6. Tilt The Head**

If he attempts knee strikes when you have the Inside Control position, you can control his ability to strike by tilting his head. The action is much like steering a vehicle.

**E. Throws and Takedowns**

**1. Hip Check Turndown**

If you block a knee strike with a Hip Check you can sometimes take him down by simply turning him in a tight circle away from the striking leg and pulling downward.

**2. Pull Toward The Knee, Inside Hook**

If you stop an attempted knee strike by pulling toward the knee, step between his legs with the leg closest to the direction you were pulling toward and hook his leg just before it hits the ground.

**3. Pull Away From The Knee, Sweep**

If you stop an attempted knee strike by pulling away from the knee, sweep the post leg with the inside of your foot just as his other leg touches the ground.

**4. Pull Away From The Knee, Throw**

If you stop an attempted knee strike by pulling away from the knee, step through the space between you and execute either a sweep/throw with the opposite side leg/hip.

**5. Hand Check, Knee Strike, Snap Down**

If you stop an attempted knee strike by checking his hip with your hand, at the moment his leg touches the ground land your own knee strike and then immediately snap him forward.

**6. Knee Lift Throw From Basic Clinch**

From the basic clinch position control the far side arm at the biceps as in the Neck and Biceps position. Attack his midsection with knee strikes. He will sometimes try to counter with knee strikes of his own but they will be ineffective because you control the angle. As he attempts a knee strike, his weight

will come forward creating an opportunity to lift him with the thigh of the leg that is behind his post leg and take him down to his back.

**7. One Over One Under, Catch And Lift**

From the One Over One Under clinch position, if he should try to land a Up Knee to your head, hook the leg with your blocking arm and lift him with your opposite thigh. Take him down into side control.

**8. Counter to Inside Control, Catch And Lift**

If you are using the counter to the Inside Control position and he attempts a knee strike to your midsection or head, simply catch his leg with your blocking hand and lift him for the takedown.

**9. Enter For Hip Throws: Uchimata, Harai, etc.**

If you repeatedly use a Hip Check to block a Round Knee, you can sometimes insert your hip farther for shallow hip throwing techniques.