



Grappling Concepts Lesson 10 Caging The Hips

Today we'll cover something that's saved my butt on the mat so many that it's not even funny. It's a really valuable concept that'll make a real difference in your own training right away. My partner today is Ritchie Yip of www.infighting.ca.

We're going to talk about being on top of your partner in their guard. Almost all the bad things that can happen to me in Ritchie's guard rely on him moving in one of three directions:

Direction #1: Moving his hips out laterally (this also moves his head closer to my knee).



Ritchie gets his hips out to the side, leading to...

This is bad for me because from this position he can launch a lot of different attacks, for example he can go for the high guard, lock on an armbar, or apply the flower sweep, etc.



...high guard...



... an armbar...



...or a flower sweep.

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



Direction #2: Rotating his hips. Typically here he gets his weight onto one hip, often taking an overhook with his top arm.



Ritchie rotates his body, right side down:

My goal should be getting him so that he has both his shoulders and both his hips flat on the ground. Any time that he gets onto one shoulder and one hip, it's bad for me.

When he's rotated it's much easier to attack with a triangle choke, an omoplata, or the v-armlock (the 'Frank Mir lock'), etc.



This sets up the triangle, and/or the V armlock, and/or the omo plata

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv

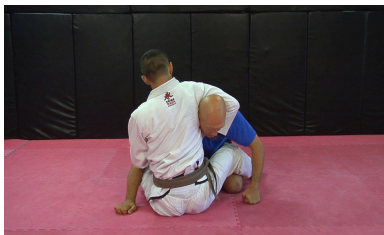


Direction # 3: Getting off his shoulders, moving his hips back and sitting up.



My opponent sits up, which can lead to...

Again this is generally bad for me (the top guy). From here the bottom man can guillotine choke, set up a Kimura armlock, do a hip-bump sweep, etc.



...the guillotine, the Kimura armlock, or the hip-bump sweep.

The take-home message of this first section is that to stay safe in his guard:

- I don't want his hips moving out.
- I don't want his hips rotating.
- I don't want his hips moving away from me and him sitting up.

Can I use this information to my advantage? Of course I can!

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



HIP CAGING DRILL

I'm going to start with a drill. You can use different hand positions for this drill, but we're going to start with hands on biceps because it's a nice universal position that works gi or no-gi. However most other kinds of kneeling posture will also work if you like them better.

Ritchie starts by moving his hips out to the side to create an angle. Then I shuffle to that side and square up again. This works any time he moves his hips laterally - maybe to set up an armbar. If I square up with his hips, I can flatten him out again.



My partner moves his hips to my right and I follow them.

Now he rotates his hips to get up onto one butt cheek. If he does this I shuffle sideways to bring his elevated hip down flat again.



My partner rolls onto his right hip (left hip up) so I circle to my right to roll him flat again.

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



One *really important* thing here is that my knees are caging his hips by squeezing in slightly. You can't really see this subtle action, but he can definitely feel it. If I'm not squeezing my knees, he can move easily from side to side. But if I squeeze properly then it's much harder for him to move.

Furthermore, I augment the knee squeeze by squeezing in with my elbows as well. Of course, this isn't bulletproof. He'll still be able to move his hips, he just has to work much harder to do it.



The subtle difference between not caging his hips (on the left) and squeezing inwards with your knees (on the right)

USING THE KNEE TO BLOCK THE HIPS

Let's say I've screwed up and he's got my arm across his body and is starting to climb to my back. Obviously this is bad for me...



Out of position and in trouble!

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



Left unchecked he will attain my back, like this.

However, even if I'm completely out of position with my arms, I can still control his hips.



Posting with the right foot, knee against the hip

To counter this technique I bring my right foot up to the outside of his left hip. This accomplishes two things.

First I've put up a barrier. Now, to climb to my back he has to climb up over the 18-inch barrier created by my lower leg. That's hard.

Secondly I am pinching my right knee inward against his left hip. This cages his hip and cuts down on his maneuverability.

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



Note that my arms are still in a terrible position, but at least I'm blocking his hip with my knee.

My next move is to circle to my right, square up our hips, and work on getting my arm out.



By coming onto my foot and pressing in with my knee I stop him from escaping his hips further. It also buys me the time that I need to flatten him out again.

ARMDRAG/BACKCLIMB DEFENSE DRILL

So here we have another super-simple drill.

My partner starts the drill by using the right armdrag and threatening the backclimb.



Next I hug his arm and crush down, 'papercutting' his upper arm between my right forearm and bicep. This reduces his mobility.



While still not a great position, it's way better than nothing, cutting down on his mobility and buying me time

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



Next I step up with my left leg, knee against the hip...



... I circle to my left, driving him back flat onto his back and square up our hips...



... finally I work my arm out. My partner then armdrags the other arm and repeat the whole motion on the other side.



Please take special note of the motion of the knee action. *I'm driving the knee in and down to pinch his hip.* This is a subtle movement but it's very important because it limits his ability to move his hips.

So these techniques and drills show you two subtle ways to control an shut down your opponent's lateral hip movement, but you can also control the other hip movements we discussed initially, namely up and down and away from you...

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



STRAIGHT ARM HIP CONTROL GUARD PASS

Now I'll share a technique that I like to use against an opponent who has a guard that's hard to pass. I mostly use this technique no-gi, but it also works for gi.

Let's first clarify something. If Ritchie's wants to apply the armbar, he has to pivot and lift his hips. If he doesn't lift his hips – which is a common beginner error – it's not going to work. Without lifting his hips, he won't have enough leverage on my elbow to finish the technique. There will be so much space that I can just pull my arm out anyway. *So always lift your hips when attacking your opponent's arm.*



**Armbar setup with hip lift
(correct)**



**Armbar without hip lift
(incorrect)**

To do this guard pass I pretend to be careless and give him my left arm. I can't be too obvious about it or he'll realize that something is up. My other hand (the right) goes *lightly* on his hip, but I doesn't push too hard yet because that will alert him that I'm planning something. If he's wearing a gi, I'll grab the material at the hip.





Remember: there's no pressure yet - I'm gently controlling his left hip with my right arm and my left arm is in a position that suggests, "oh damn, I screwed up. I gave him my arm."

Now as he goes for the arm bar and swings his right leg across, I stiff-arm his left hip to the ground with my right hand.



The motion is like doing a one-armed bench press. From here, the armbar will never happen because his hips are flat on the ground.



At the same time, I pull my left arm out using the motion I would use if I was starting a lawn mower.

I'm safe now because I'm controlling his left hip, pinning it to the floor. I now have a variety of choices of how to pass his guard.



The most obvious pass - if he's spun and his leg is up high - is to underhook his right leg with my left arm, control his left shoulder or lapel with my left hand, drive in, force his knee to his nose, and pass to side control.

The key to this pass is controlling the up and down motion of his hips.





CONTROLLING THE HIPS IN THE STACKING GUARD PASS

Let's take a look at the stacking guard pass (aka the leg-on-shoulder guard pass or smashing guard pass). We covered it last week from a defensive point of view and now we're going to switch sides.



There are a lot details and subtleties about positioning when using this pass. For example:

- My neck/shoulder is up on Richie's calf, NOT down in the crook of his knee
- I drive forward, pushing his knee to his nose.
- If he's wearing a gi, I'll grab his far collar with my thumb-in.
- In no-gi I can grab behind the neck, or grab across to his shoulder (my preference).

Even when he's in the knee-to-nose position and his hips are elevated, if he can move his hips side to side a little bit, he still has options.

For example, he can create space with the highly effective 'Kung Fu Neck Lock' defense that we covered in a previous lesson...



This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



... or he can push his knee with both hands to make space, and then use the space to work his hips back to the ground...



...or he can put his head to one side, roll backwards, and either pull guard or come forward for the tackle.



I must control his hips, even when they're in mid-air. Note that I don't necessarily need to pin them on the ground - I just need to stop them from moving. How do I do that? Let's find out...

In no-gi, I'll post up on my right leg and control his hips by pinching in with my right knee. I'll can also cup his left hip with my right hand (not shown in the picture below). This shuts down many of the movements he needs to do to prevent me from passing his guard.



Using my right knee to keep his hips elevated and in place.

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



With the gi I'll use my right hand to grab his pants or belt from behind. This gives me great control. If he starts doing a backwards shoulder roll, I push down. If he extends his hips to push me away, I lift up. If he moves left, I pull right, and so on. I really have control here.



Lifting the hips up



Pushing the hips down

And also with the gi - I can choke him with my left arm by grabbing his left collar and dropping my elbow to the ground. This is a good choke to know, because your opponent will be wondering why you haven't finished the guard pass and the next thing he knows - he's tapping out.



Controlling the hips and applying the choke



This choke has always stuck in my mind because when I was a white or blue belt, it was the submission I used to tap out my first-ever brown belt.

So when you're using the knee-to-nose position and driving forwards, forcing his hips off of the ground, be sure to also control the hips by caging them in mid-air with your knee or a grip on the pants. This will put you in a great position to pass.

DEFENDING THE BUTTERFLY SWEEP

Now we'll apply this week's concept to defending the basic butterfly sweep that I showed you in the '13 Techniques' DVD (one of the five bonus DVDs that comes with the online course – see www.grapplearts.tv for more info).



The basic butterfly sweep in action

When he's sitting up in butterfly position, he's very mobile and can adjust to any movement I make. From a sitting position, he can also develop momentum for sweeps by falling back or to the sides.

On the other hand, if he's trying to work butterfly guard while lying flat on his back, it's much harder for him. He has more of his body touching the mat, which means more friction, and he can't pivot and adjust his position nearly as fast.

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



Knowing this gives us a few strategies for dealing with an opponent who is sitting up and playing butterfly guard.

SUMO PUMMEL AND SPRAWL PASS

My opponent is sitting up.

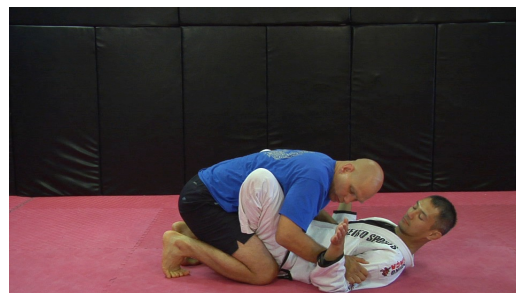
Initially I make sure that I keep my hands and elbows in like a Tyrannosaurus Rex (careful not to give him the underhook or armdrag!)



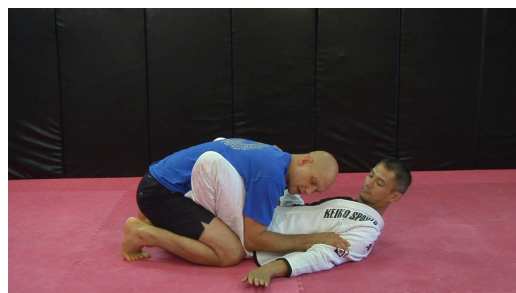
I use my hands on his shoulders to pummel him backwards until he's flat on his back. I have to be careful here because he can still move his hips sideways, get his feet out, and do all kinds of things I don't want...



I then bring my knees up to his hips and drive them forward to clamp his heels to his butt. I'm trying to force his knees into full compression.



To stop him from moving away, I bring my elbows down to my knees and pull back. *His hips are now caged between my elbows and knees.*



This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



I can also use my head in the middle of his chest to stop him from sitting up.



Some people like this position so much that when they're doing a stand-up guard pass, they'll take both ankles, drive them down, and collapse on top. Effectively they're forcing their opponent into a crappy butterfly guard.



This hip-caged butterfly guard position gives the top man many guard passing options. We'll do a simple one today.

I start by moving my right leg back a little bit.



This give me space to reach under his legs with my right hand and grab his right foot. Then I grab his gi or behind his head with my left hand and sprawl backwards.



This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



From here, I stay flat on my belly in a complete sprawl and inch around in a clockwise circle, pulling on his foot and head, until I've cleared his legs. Then I drive in. Even if he manages to hook my legs with his right leg, it's not very strong. He might get it - I really don't care.



And that's how to use the principle of caging the hips to defeat the butterfly guard. You can also use against the open guard, in the middle of a guard pass, against the closed guard, many different situations.

Remember, bad things happen to you when your opponent moves his hips, so use any means fair and square to stop those hips from moving and you'll improve your position and your situation.

CONTROLLING THE HIPS WHEN BREAKING THE CLOSED GUARD

Controlling the hips is also super important when you're in someone's closed guard.

One of the most basic ways I can open Richie's guard is to establish posture with my left hand on Richie's solar plexus and my right hand on his left hip or knee.



Next I wedge my left knee against his tailbone or one buttock and step my right leg out to the side.

I then simultaneously sit down and back, arch my back, twist my body, and push down on his thigh with my right elbow. This pops his ankles open and sets up my guard pass.



This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



This guard break works because my knee is blocking his body from following me and I'm moving my body back. Unless his legs are stupidly long, they have to open.

But this approach can get into trouble against a skilled opponent.

To counter this guard break Richie can do what I call the "ski jump" by lifting his hips on top of my thigh and moving them into me. Now my knee can't block his hip and I can't break the guard by moving my body backwards.



It gets even worse if he slides his hips sideways, to his right, past my knee. Now, not only is my knee not pushing against his hips, but I'm totally out of balance.



Unless I block this he'll be able to take my back or roll me over.



As you've probably guessed by now, **the solution to this problem lies in controlling his hips!**

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



Let's go back to my starting position. My left hand is on Richie's solar plexus and my right hand on his hip.

What's stopping him from "ski jumping" his hips? It's the downward pressure I'm applying with my right hand to pin his hips to the mat. It pins him flat and stops him from lifting his hips

This allows me to use my knee as the stable point to push against his hips and open his guard.



If I don't control his hips, not only might the guard break not work, but I might be in danger of getting armbarred!



Not controlling his hips leads to getting armbarred!



This week's lesson covered caging your opponent's hips when you're on your knees - but you can also cage your opponent's hips when you're standing up.

I'll cover standing posture in a later lesson in the course, so for now just keep it in mind because it's a really important part of passing your opponent's guard without getting armbarred, kneebarred, foot-locked, or having other unpleasant things happen.

Also as part of today's online lesson I'm including a video about the tactics Brock Lesnar used when he fought Frank Mir in UFC 100. It's not exactly caging the hips but it's about a very similar concept.

Basically, effectively fighting from half guard relies on turning to face your opponent and getting your hips underneath theirs. Brock Lesnar used about 10 different ways to stop Frank Mir from doing those two things. He kept flattening Mir out, forced him to face away, and stopped Mir's hips from getting underneath his own hips. So it's directly related to what we worked on today.

Maybe you've seen it already, but now that it's in a downloadable format you can take it to your next training session and play with the techniques yourself.



What is the Grappling Concepts Course?

This PDF document comes from a sample lesson of Stephan Kesting's *Grappling Concepts Course*.

The Grappling Concepts Course (available at www.grapplearts.tv) consists of 26 lessons. Each lesson covers a new, critical concept

This is one of 26 lessons from the Grappling Concepts Course: www.grapplearts.tv



Grappling Concepts

The Official ECourse

and includes tons of drills, tips and techniques that you can add to your game right away.

Every lesson is delivered in video format. You can view each lesson online (and the bonuses), and you can ALSO easily download all the videos so that they're yours permanently.

Many previous students report that they really enjoyed being able to put these videos on their iPods (or other mobile video players) and watch them on the go.

And, of course, each lesson also includes a detailed PDF document just like this one, so you can also get the information into your brain by reading it.

Below is some feedback from other people who have been through the *Grappling Concepts Course*:

"I can say without hesitation that Stephan Kesting's Grappling Concepts videos and DVDs are amongst the finest I have ever seen in terms of teaching quality. Stephan's immaculate attention to detail are unmatched and anyone who grapples would benefit from his instruction. There are lots of free videos available online by star grapplers and I would still recommend paying Stephan for his videos. They are unmatched in terms of finer detail."

**Michael Zenga (black gi),
BJJ Brown Belt,
Pan Jiu Jitsu Gold Medalist, 2010**

"I was a bit worried that the material would be too advanced for me, but it was so well taught



Grappling Concepts

The Official ECourse

(including breaking and diving into further details mid drill etc.) that it was not an issue. I definitely felt that I was able to pick up the material relatively quick based on my expectations and minimal level of experience.”

David Barkwell

“If you are serious about getting better at grappling then I would highly recommend Stephan Kesting’s online grappling course. I found the concepts very easy to understand and applicable to my grappling immediately.

As a white belt they are especially helpful because they allowed me to organize all the information that was coming at me and understand how all the pieces fit together which has accelerated my learning.

More importantly, my training partners have recently commented on how I give them ‘the most trouble of any white belt’ in our school, which of course I take as a great compliment.”

Nathan Smith, Orangeville, Ontario

“The material helped a lot. The bonus material on the Deep Half Guard is something I use in grappling all the time and was glad to see it refined. Also, I now realize that I've been doing the armbar escape you showed wrong this whole time.



Grappling Concepts

The Official ECourse

The positions you covered were done so in great detail. If anything, it makes me more confident in those positions, especially knowing that I have multiple options."

Ken Po,
Vancouver BC

"I just wanted to let you know what an incredible boost the course gave my BJJ. I had been feeling a bit of a slump in my game, and this course broke me out of it big time. At first I was not sure if the material would be too basic for me. But as the weeks went by and the lessons kept adding up, I could see my game changing on an ongoing basis.

A few months in, I was giving fits on the mats to brownbelts who had previously been crushing me. And I really felt like I had the tools to solve problems for myself on the mat.

The mix of techniques and principals really worked for me, and took my BJJ to a new place. And being fed a new lesson each week really worked me - I was able to absorb each "class" and start applying things on the mat.

Anyway, I just wanted to say thanks again. The work put in for generating that huge quantity of material - videos, audio lessons, pdf's and bonus lessons really paid off for this student."

Bjorn Weeks,
BJJ Purple Belt,
Santiago, Chile



Grappling Concepts

The Official ECourse

"I can't believe how much material you actually covered, yet even for someone with only a few weeks of grappling training I managed to work with my partner and really pick up most of the techniques and transitions in a way that feels natural to me.

I now have the basics of a game plan allowing me to transition without thinking between Butterfly, X guard, and the Deep Half Guard which will really open up my sparring sessions at my school. I can't believe how much I've learned!"

**Andy Precious,
Washington State, USA**

"The material covered was fantastic. The Deep Half Guard to X guard drills, and the sweeps and submissions from X Guard were revelations. I have always struggled with Half Guard as an offensive position, I only ever really worked to regain my full guard, or occasionally try a sweep, the seminar gave me so many options and ideas that I felt would really suit me.

In addition I felt that the X-guard material had some excellent combative uses, and that is always an area of interest to me. It really gave me a lot to work on and think about that I had not seen before."

**Toby Taplin,
MMA & BJJ Student,
Vancouver, BC**



Grappling Concepts

The Official ECourse

"Hey Stephan,

I just wanted to drop you a line to say how much I've enjoyed and got out of the course. Like you said there's a ton of stuff and I've probably not even absorbed 10% of it yet, so I'm re-watching them and picking up details I missed at my first look.

This course has taught me so much, but one of the best things is how it's shown me to observe myself and my partners when we roll. I'll be benefitting from your knowledge for years thanks to these lessons. I'm so glad I got involved. Worth every penny! People at my club have commented on how much I've improved recently, and I always put anyone who asks onto your material. So massive thanks to you for the excellent tuition.

It will be strange not having new lessons to look forward to when they finally end, and the bonus episodes will be really welcome and enjoyed! Like I said though, most of the knowledge in the videos hasn't sunk in yet and I'll be returning to this encyclopaedia often over my grappling journey. I got my DVDs earlier this week - I'm going to focus the x-guard one first I think.

I'll continue to visit your site and follow your sharings in the future, but for now I just wanted to let you know what an impact your knowledge has had on my jiu-jitsu. I'm a completely different grappler."

**Joe Butler,
Bristol, England**



Grappling Concepts

The Official ECourse

"Stephan Kesting's online course Grappling Concepts is fantastic! Clearly Stephan is one of the best grapplers in the sport, but that is not why you want to get his course. He's is a great fighter, but that is not why you want to get this course. He has more experience in grappling than most grapplers out there, but that is not why you want to get this course.

I am a full time martial artist and promoter of Muay Thai, and I am also a former educator. I have seen a lot of educational material in my 33+ years as a martial artist and I am generally pretty critical (and cynical) as to their value. Stephan is one of the rare individuals in martial arts who is a real martial artist and an outstanding teacher. And that is why you want to get this course.

Stephan has the intelligence to put together, organize, and communicate his years of experience. Grappling Concepts is put together in a well thought out manner that is easy to follow and easy to learn from. Everything is demonstrated clearly from all angles and all explanations are concise and clear and easy to understand. This is a great educational tool.

A lot of thought has gone into the progression and content of this course. This is not a style specific course: anyone can use it whether they are a beginning grappler or an advanced grappling veteran. By focusing on concepts rather than style you really can get the most out of this course.



Grappling Concepts

The Official ECourse

In short, you can start using and applying tools, drills, and tricks right out of the box. And it is packed with information. I haven't seen any other single book or DVD series on grappling that is as in depth or as useful as Grappling Concepts.

I can honestly say with out exaggeration, that Stephan's work is some of the BEST I have ever seen. You hit a home run with this one Kesting!

David Neal Brown
Head Instructor,
Total Confidence Martial Arts,
Bellingham, WA

"I recently subscribed to Stephan Kestings course on Grappling Concepts. It just finished and some of the concepts I have never put the ideas together (it likely would have taken me years into being a BB to figure them all out). It has made my understanding of the game clearer.

I have yet to finish, incorporate and cement all of the concepts SK has taught, but I am impressed by his commitment to his business, putting out quality material, willingness to go the extra step for the customer and so much more.

I'd highly suggest purchasing Stephen Kestings material in the future to anyone committed to improving their ground game.

Daniel Kawika Bennett
Kahuna Dog (DogBros),
Aiea, Hawaii



Grappling Concepts

The Official ECourse

"Due to a number of life circumstances I have not been able to hit the mats for a while. So when Stephan started offering his 'Grappling Concepts' online course I was very excited; it provided a really good way to remain at least somewhat immersed in BJJ even while not physically training.

The Concepts course was very useful in terms of helping me develop the mental aspect of my game, and has also given me lots of concepts and techniques to experiment with when I do get back to training."

**Mike Krebs,
BJJ Student,
Vancouver, BC**

"This course could also be called "Lightbulb moments" course: those moments in jiu-jitsu when a figurative lightbulb goes on in your mind and you suddenly grasp a principle about HOW to apply techniques (techniques you probably already have known for years)? When after class you lay in bed seeing all the other positions where this same principle can be applied?

My blackbelt instructor can show me more techniques than I could ever master, but this course is much different than a collection of techniques. This ties together those techniques into a game. Clearly presented and different than technique-specific DVDs"

**Mark
Gracie Barra Calgary, AB, Canada
BJJ Purple Belt & Judo Brown Belt**



Grappling Concepts

The Official ECourse

"You have to sit down and think, Stephan Kesting... how do you do it, how do you make something so easy to understand. How do you find the material that people actually need to know!

The online course, some things I knew, some things I didn't, and the things I didn't know were swiftly absorbed and used.

The bonus DVDs: where do I start... Well first things first- they rock. Deep half guard? Yes please! The best dvd personally out of the set of amazingly thought out and well presented material. Best Jiu-Jitsu related investment I've ever made (and I have a healthy collection of books and dvd's from a few other Jiu-Jitsu practitioners).

If Stephen Kesting held his hand out to me, I'd shake it with the force of a thousand happy gods! and my training partners? They'd probably rip it off for making me so much better :D

So I thank and applaud you dude, you did one hell of a job."

**Matt Wild,
Musubi Martial Arts
Blackpool, England**

"Stephan, I want to tell you how much I learned from the course. The techniques were excellent, but what I got most out of it was your insight and details.



Grappling Concepts

The Official ECourse

The lessons were well worth the money I spent and have made me a much more technical fighter. I am a fan of yours and trust your instruction 100%. Thank you for a few more submissions and a few less taps."

**Les Tate,
Mission Viejo, California**

"Stephan Kesting's Grappling Concepts Online Course is a rare gem. If you are into tons of techniques go look somewhere else. If you are in for some real great concepts, methods and principles this is the place to go!

In the online videos Stephan delves deep into all the background information you should know and understand to make your grappling game better right away.

Don't be mistaken, not everything is for the beginner, but if you are looking for some very important background knowledge you come to the right place. The videos are easily understood and very well presented. They are easy to learn and replicate while training. This is stuff you should know and stick to.

As an extra you will get tons of written PDF files, which are useful if you are more of a book learner. And the bonus material on its own is worth the money. There aren't any other online courses yet that come close to this one."

**Frank Burczynski,
J.A.B. JKD Akademie, Berlin Germany**



Grappling Concepts

The Official ECourse

"I'd just like to say thank you so much for putting together such a great course. The conceptual focus has made such a big difference to my game. There is so much information out there on the web but in the heat of rolling its much easier to remember a concept like "Harass The Head". It's also great to encounter someone who is as interested in teaching as fighting."

**Henry Cho,
Sydney, Australia**

"I am in love with this sport, but it is extremely difficulty for me to find time between school and work to train. The Grappling Concepts course gave me the ability to learn, review, and progress my skills as a practitioner outside of my gym.

The lessons were easy to follow and I was able to implement them into my limited training schedule. The results were immediate and it allowed me to utilize my fullest potential on the mat. I entered a tournament soon after reviewing the first lessons and took home the gold in my division!

These courses are great for anyone at any level with any goal!

Thanks to my team at Gracie Barra-Costa Mesa under professor Mike Buckels and thank you Stephan Kesting for making this amazing tool, Grappling Concepts, available."

**Irene,
Costa-Mesa, California**



Grappling Concepts

The Official ECourse

"I've been a fan of Stephan's website for many years. Grapplearts.com is packed with more useful information than you can absorb. The website offers grappling videos, articles, techniques, and newsletters. I instantly became hooked on his products after having purchased one of his instructional dvd's, and soon found myself adding his complete set to my instructional library.

Many instructional dvd's contain random techniques that aren't easy to remember or add to your jiu jitsu game. Stephan Kesting is a great instructor, who explains a technique in detail. He explains in detail, the set up entries, application, and defense to the various submissions.

I have been taking Jiu Jitsu classes for many years at several different gyms. The classes are run pretty much the same: warm up drills, technique of the day, followed by live sparring. The techniques taught in class are sometimes basic, and sometimes quite advanced. The lessons learned are often hard to remember from week to week and there isn't much structure / game plan.

Very often, the live grappling is so competitive, you don't get much chance of attempting the learned new technique. For this reason, it can take years to learn the art of jiu jitsu before you have a great understanding of the sport.

Stephan Kesting offers several instructional courses, Beginning BJJ & Grappling Concepts. Stephan breaks down his lesson plan and teaches you how to approach your training. Stephan's instructional courses are full of bonuses and extra free information.



Grappling Concepts

The Official ECourse

His online courses and instructional DVD's have greatly improved my jiu-jitsu game and brought me immediate results in the gym. I highly recommend Stephan Kesting's material."

**Michael Fewer,
San Francisco, California**

"The Grappling Concepts Course helped me out in a very specific way: My instructor does not speak English, and even though I speak some Korean it isn't enough to catch the fine details.

The theories introduced in Grappling Concepts helped me to fill in the missing gaps that I don't fully grasp in class. For example, way back in the very beginning of the class, after hearing Stephan talk about getting "heavy" I was able to intuitively understand the finer points of the knee-on-belly position when it was time for my instructor to formally introduce it to me. Taking time to go through the Grappling Concepts course is like going into the first day of a college class with all of the reading for the semester already finished. The live instruction is still critical to get the finer points and context, but you'll definitely have a head start.

I feel very fortunate to have found an incredibly patient, understanding, and skilled instructor and thanks to Stephan Kesting's course that I am able to get as much as possible out of his instruction."

**Steve Ward,
John Frankl Jiu-jitsu Competition Team
Seoul, South Korea**



Grappling Concepts

The Official ECourse

"I'm writing to you about the Grappling Concepts Course I just completed.

I have about a year of BJJ experience and found the course to be awesome! Aside from all the major techniques shown I particularly enjoyed the concepts. Instead of just showing technique after technique your description of the concepts that made these techniques work was perfect. I was able to use them in a variety of situations immediately.

Each week I would go to class and be able to use what I learned from you, to my training partners dismay. I may not be tapping out upper ranks often but neither are they tapping me with ease.

As for the bonus DVDs, I found the Omoplata and Kneebar DVDs to be the most interesting. The Deep Half Guard DVD is also one of my favorites and I'm having a great time experimenting with it. Some minor things you pointed out on the Oma Plata DVD have enabled me to finally have some success with it. I'm still making a mistake with the kneebars but I'm getting there consistently so after I go through the DVD again I'm sure I'll figure it out.

I've recommended your series to every grappler I know. If you could set up the course in a way that grapplers could sign up anytime and run the 26 weeks I believe you'd have great success and I'd get tapped more in class by the new guys.



Grappling Concepts

The Official ECourse

The only week I didn't enjoy was the lesson on conditioning. This is only because I wanted more techniques and already have a background in exercise science.

Overall the course was amazing and I often got up early in the morning to download and watch the new lesson before work.

I'm sure you put a lot of work into these lessons and I appreciated every minute of it. I look forward to following more of what you do!"

**R. Fraser Dewar,
Rutland, Vermont**

"As a beginner in the world of grappling (one year of training now), I really enjoyed the Grappling Concepts training course. It isn't that the techniques presented are great (and they are), but that the concepts themselves are very helpful for my training.

It really helped me to think more globally: to how to set up or escape submissions, and how to move correctly. It allows me to correct myself instead of trying to find what I need on the internet, and occasionally finding only one specific solution to one specific problem.

I have increased my learning speed quite a lot, and being able to share this knowledge with my training partners is quite nice. Having clever training partners helps a lot, but not all people are



Grappling Concepts

The Official ECourse

prepared to spend time thinking about the techniques...

Anyway, it is a great course. It will give me hours to work on."

**Jérôme,
Lausanne, Switzerland**

"Stephan, as an older bluebelt, whose training time is restricted by my career and young family, I sometimes have a tough time making it to my academy. I signed up for your ecourse in the hopes that the concepts you taught would help me bridge the gaps when life keeps me too busy to train. I had seen some of your videos in the past, and knew that you had a clear and systematic approach to your instruction.

While I admit to being initially cautious about the price, I felt that the quality of your past instructionals, the amount of instruction, and the DVDs you were including, would make everything worthwhile. I took a chance, and enrolled in your course... One of the best decisions I have made.

The level of instruction was exactly what I expected (not that I ever had any doubts there). You provide clear descriptions of the concepts you identified, as well as great examples of how these concepts are applied in regular techniques (and some that I had never seen before). Many of the concepts you covered were completely new to me, which was great.



Grappling Concepts

The Official ECourse

Even those concepts that I had encountered before were taught from a different perspective or demonstrated through different techniques, which gave me a better understanding of the concept (and many techniques) as a whole.

The downloadable materials were great as well. As someone who commutes to work, I really appreciate being able to review the lessons on my iPod.

The written materials were a great addition too, as I also had a ready-made notebook to work with.

I was completely satisfied with the course, and already felt that I had gotten my money's worth - then the DVDs arrived. Wow. I knew your DVD materials were always good, but I was completely surprised with the quality of material you covered in the DVD set.

I am still digesting the Deep Half Guard and X-Guard DVDs, and have not yet had a chance to review the others.

While I was initially cautious about the price of the course, not anymore. Every penny was well worth it - in fact, you could (and probably should) be charging much more.

Thank you very much for putting this together."

**James,
Oceanside, California**



Grappling Concepts

The Official ECourse

SUMMARY

So there you have it!

This was a sample lesson from the *Grappling Concepts Course* in PDF format. Hopefully you also enjoyed the online video instruction, downloadable video, and audio files that accompanied this lesson.

If you're interested in more material like this, you can find out more about the entire course at www.grapplearts.tv

Take care

Stephan Kesting
www.grapplearts.tv

P.S. *The Grappling Concepts Course* primarily consists of 26 weekly lessons, but remember that everyone who signs up also gets my *Advanced Techniques and Tactics*, a five DVD set, physically shipped to them for free. Check out the link above for more info!

