

From the mutual hold, thus he draws beneath his arm and grasps him by the head and swings him away from himself."

### 1.1.4 Belt Hold



- position the feet approximately shoulder width apart, and face your opponent
- lowering yourself with your legs, reach forward and grasp the "belt-line" or the top of the pants/trousers with each of your hands (right and left sides)
- the figure on the left is an extract from Talhoffer's manuscript illustrating the belt hold attempt, however, the individual had gotten himself into a head lock position. The caption associated with this illustration from the manuscript reads: "*Im Durchgehen ist dieses der Bruch, dann wurgt er ihn am halse.*" which translates to: "In this pass-through, thus this one breaks and chokes him about the throat."
- with this type of hold, you would be in a good position to deliver a hip-thrust throw

The following section describes 3 increasingly advanced levels of drills to designed to develop the necessary grappling skills. The drills are not competition, and therefore, the student and partner must be managed by an instructor or coach to ensure that the pair don't get away from themselves.

### 1.1.5 Grappling Drills

#### Level #1

These training drills are to be conducted in pairs. This drill is designed to increase the student's comfort with grappling his/her opponent. In order for this to occur, the opponent must assume a non-resistant "living mannequin" role. In other words, the student delivering the holds, will have free range and unrestricted ability to deliver the above holds, in whatever sequence the student desires.

The student must transition between each of the holds described above, alternating between left and right holds if relevant.

This should be done for about five (5) minutes for each student.

**Level #2**

This drill is similar to level #1, except the partner now presents some resistance to the holds, making the holds a little more difficult. There should be no offense on the part of the "living mannequin" role, only resistance.

This should be practiced for about five (5) minutes for each student.

**Level #3**

In this drill level, the pair is now working against each other, each trying to get the better of the other, utilizing any one or more of the holds learned. Each attempts to work out of the grips by the opponent, and also attempts to deliver a hold and secure control of the opponent.

This should be practiced for at least five (5) minutes.

During this drill, some additional enhancements can be included:

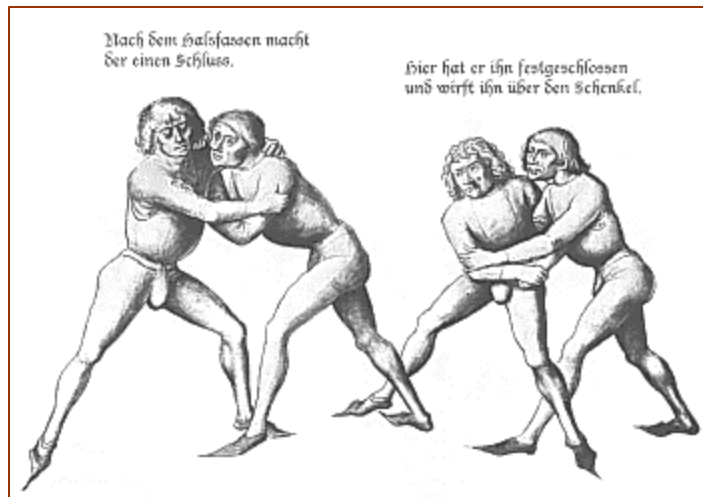
- when using the neck & elbow hold, the one taking the initiative, should consider pulling the opponent's head towards you in order to cause the opponent to momentarily lose footing or cause an imbalance in the opponent
- when delivering either diagonal hold, or back or belt hold, using your hip, thrust your hip under and then up against the opponent, using the leverage of your lower body and legs to momentarily lift the opponent off the floor
- when in a hold position (you are on the defensive in this case), try to force your hands through the hold from the inside giving you more leverage and provide you the opportunity to deliver a hold on your opponent

**1.1.6 Fundamental Throws**

Continuing with the basics of unarmed combat training, we now utilize the holds learned above and throw the opponent using either one of the pair of techniques described below. These throws by no means should be considered a complete unarmed combat training method. These have been introduced purely as a method of expanding one's longsword training to include cross-training techniques and as a precursor to grappling and half-sword techniques introduced in scholler level of skill training.

**Hip/Thigh Throw (L/R)**

- position the feet approximately shoulder width apart, and face your opponent at a distance apart that will allow you to place your hand on the back of your opponent's neck without stretching
- place your left hand on the back of your opponent's neck (left hold)



- place your right hand on the left elbow of your opponent
- move your left leg so as to position the leg in front of the opponent
- using your left arm and body, "push" your opponent's head downwards and forwards to the right over your left leg (where the head goes, the body will follow)

- use your body to facilitate the force behind the throw over the hip
- the figure is an extract from Talhoffer (plate 219), which depicts this classical throw

### Under-arm Gravity Throw (L/R)

- facing your opponent, grasp the left wrist with your right hand and raise his arm upwards
- at the same time, lower yourself using your legs only and while still gripping the arm, walk under the arm and wrap your arms around the opponent's waist or lower chest
- place your head against either his side or back
- twist your torso towards the right and at the same time, kick out your left leg back and away from your opponent and leveraging gravity, fall on your opponent such that he lands on his face/chest and you land on him with your back and rump
- repeat this with the left hand grip