
**Aikido Ground
Fighting
Grappling And
Submission
Techniques By
Damon Apodaca
Ken Jeremiah**

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arts that are practiced both as
bat sports and for self'

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ground fighting is a unique
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likely chin na predated the
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techniques include both
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fighting also called ground
work or ground game is
hand to hand bat wrestling
or brazilian jiu jitsu which
takes place while the
batants are on the ground
the term is monly used in**

**mixed martial arts and other
bat sports as well as various
forms of martial arts to
designate the set of
grappling techniques
employed by a batant that is
on the ground'**

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