

**Technique:** Clinch (Conservative Opponent)

**Position:** Standing

### Overview

The goal in a fight is to avoid getting knocked out, establish the clinch, and get the fight to the ground where we can neutralize the opponent with greater efficiency. The easiest time to do this is when your opponent commits to attacking you aggressively. For this reason, it is best to keep the distance and wait for their attack if at all possible. In the event that your opponent approaches you conservatively during the fight, and you would like to close the distance, you can use the “surprise entry” method to establish the clinch.

### Technical Slices

#### 1. Surprise Entry

- *Indicator:* Opponent advances towards but does not commit to striking you
- *Essential Detail:* Timing your entry to take place during one of their forward steps
- *Most Common Mistake:* Failure to maintain effective distance prior to the clinch entry
- *Bad Guy Reminder:* Step forward very conservatively and verify your partner's safe distance
- *Core Principles:* Distance (3), Velocity (7)
- *Drill Orders:* Standing start, 1 rep, reverse roles

#### 2. Bonus: Pisaõ Front Kick

- *Indicator:* Opponent is not committing to the attack but you need to close the distance
- *Essential Detail:* Immediate Follow-Up with clinch after the kick
- *Most Common Mistake:* Failure to push off the back leg to generate leverage for the kick
- *Bad Guy Reminder:* Use your hand to give them a target for the kick
- *Core Principles:* Velocity (7), Posture (16)
- *Drill Orders:* Standing start, 1 rep, reverse roles

### Reflex Development Drill

*Practice the*

Clinch (Conservative Opponent) – Standing (L15)

*in combination with*

Body Fold Takedown – Standing (L14)

### Fight Simulation Drill

1. Clinch – Standing – Conservative Opponent (L15)
2. Leg Hook Takedown – Standing (L6)
3. Take the Back – Mount – Remount Technique (L4)
4. Armbar – Mount – Side Variation (L9)
5. Punch Block Series – Guard – Stages 1-4-1 (L8)
6. Triangle Choke – Guard – Stage 1.5 (L10)

### Mindset Minute

Against an aggressive opponent, establish the clinch as fast as possible. Against a conservative opponent, take your time and keep the distance so that they think you are scared, then surprise them by shooting in during one of their confident steps forward. Most importantly, once you decide to shoot in, do not retreat and do whatever it takes to establish the clinch.

### Street Tip: Traction Considerations

In a street fight, whoever manages the distance, manages the damage that can be done, and closing the distance on our opponent often requires us to change directions quickly, but depending on the surface we're fighting on, traction can be compromised. Grass, dirt, and leaves, are just a few of the terrains that may adversely affect our connections, so when fighting in these environments just remember that the harder you push, the harder you'll slip, so you'll need to adjust your footwork and your expectations accordingly.