

Come-Along Controls (Part - 2)
(Manual Section 27, pg 131-137)

From our Dojo Challenge in the last article, I would like to present a few photos that may give you some ideas about Come-Along Control techniques. The photos are intended to add clarity to some of the photos in the manual and also to provide a few more options than we see in the manual. Check the end of the article for your next **Dojo Challenge**.

Remember think about the following principles as you consider the training challenge

- Pain compliance
- Joint manipulation
- Balance/ Stable Base
- Kuzushi
- Intention (state of mind)
- Use of your voice



Please be creative with your training drills and have fun. Remember Shihan Forrester called it **Fun-Jitsu** when the class was training.



Wrists and fingers





**Shoulders Wrists
and
Elbows**







A special thank you to Sensei Collins and Sensei White for participating in the photos.

Dojo Challenge

Practice Come-Along techniques in the following situations:

- **When your opponent is unaware of your approach**
- **When your opponent is actively harassing someone with you or near you**
- **When your opponent is actively harassing you directly (punch, push, pull etc.)**

Canadian Jiu Jitsu Council Directors



Shihan R. W. Forrester (d. 2013)

