

Come-Along Controls

(Manual Section 27, pg 131-137)



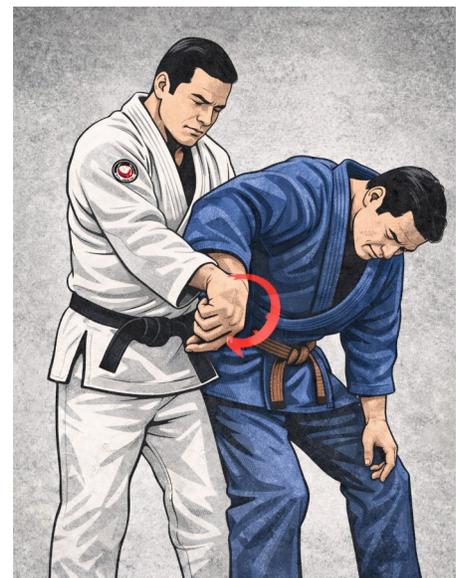
Many control techniques are just that, an option to safely control and direct an aggressor that will deescalate the situation. Often there is some kind of pain compliance necessary to encourage the aggressor to stop their harmful intentions. Strategically, we can apply a Come-Along technique as a defensive or offensive option, in response to a punch, push, grab or as an intervention to reduce the potential for violent escalation and harm.

A Come-Along Control often involves guiding, pulling, or leveraging an opponent's body in a direction of your choosing, effectively leading them into a position that benefits you. This control relies on bio-mechanical principles such as:

- Leverage over raw strength
- Manipulation of balance (kuzushi)
- Body mechanics and grip control

Instead of forcing an opponent into submission, the goal is to move them safely and predictably to a position where further aggression is tempered. In the event the aggressor is not responding to the control due to drugs or immunity to pain then other techniques may become necessary and possible through the dynamic application of Jiu Jitsu.

In the CJC most of our Come-Along techniques focus on joints and pain compliance. Targets include finger, wrist, elbow, shoulder, neck, and spine joints. Again the intent is to not cause permanent harm or escalate a situation but to do the exact



opposite. The intention is to take a strategic position (intention) and action (technique) of assertive dominance and control.

Reasons for Using a Come Along Control



Safety – Ensures the opponent moves predictably, reducing the risk of injury.

Positioning – Sets up throws, pins, and submissions with precision, when required.

Energy Efficiency – Moves the opponent with leverage rather than brute force.

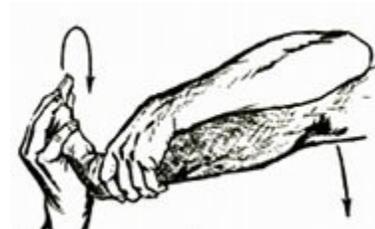
Flow Control – Dictates the pace of engagement (slow things down), maintaining advantage.

Dojo Challenge

The CJC manual has 5 or 6 different Come-Along Control techniques. Here is a training challenge to you and your Dojo. How many ways can you take control and move an aggressor out of harms way.

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



Canadian Jiu Jitsu Council Directors



Shihan R. W. Forrester (d. 2013)

