

Johann Georg Pascha's

Grappling Lessons

re-ordered.

Reinier van Noort – Ense et Mente

INTRODUCTION

INTRODUCTION TO THIS DOCUMENT

This document presents all lessons from the Grappling (*Ringen*) section of Johann Georg Pascha's *Vollständiges Fecht-Ring- und VoltigierBuch*, published in Leipzig in 1673. The lesson descriptions are based on the English translation I published in 2018 (Van Noort, R. (2018) *The Martial Arts of Johann George Pascha*. Hagan, 2018.). I also kept the lesson numbering (given here as X-Y where X is the chapter number, and Y the lesson number within that chapter) I used in that translation. The image numbers are the same as given by Pascha in his 1673 text.

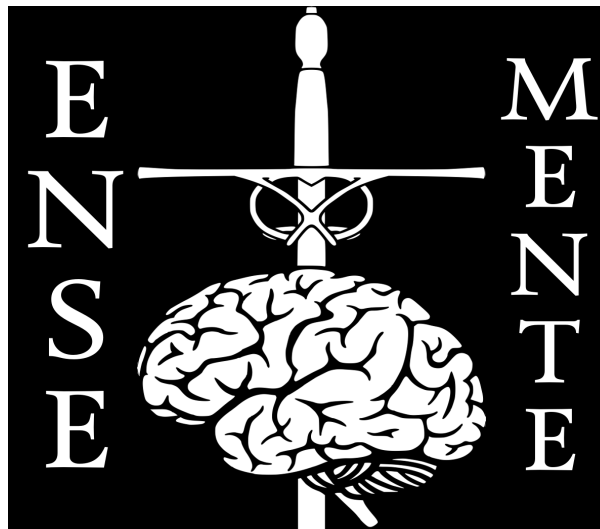
In the original text, the lessons are presented in a somewhat haphazard manner, with no clear ordering. In these sheets, the lessons have been re-ordered. First, I have ordered them based on whether you are the agent, patient, or "re-agent" (meaning you are the agent, your opponent counters your action, and you counter his counter). Next, I have grouped the lessons based on the initiating action, and then on the follow-up action(s). In this manner, all counters to a specific action should be found together. Furthermore, I have homogenised the language to make it easier to find similarities between lessons. Finally, in the lessons where you are the patient, I have added the appropriate lesson numbers for the agent's actions between brackets.

Almost all lessons are given both right-handed and left-handed. To avoid repetition, and since in grappling handedness matters very little (as there are no weapons involved), I have used a notation indicating both options. "R/L" means "right/left"; "L/R" means "left/right". When reading a lesson, you should either always read the first letter, or always read the second letter. I.e., "Grab their R/L hand with your R/L hand, pull it to you and break their arm with your L/R hand" should either be read "Grab their RIGHT hand with your RIGHT hand, pull it to you and break their arm with your LEFT hand", or "Grab their LEFT hand with your LEFT hand, pull it to you and break their arm with your RIGHT hand".

The full and direct English translation on which this sheet is based can be found here:

<http://www.lulu.com/shop/reinier-van-noort/the-martial-arts-of-johann-george-pascha/paperback/product-23789885.html>

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AGENT

AGENT

They	You	Lesson	Image	Notes
-	Grab between their fingers with your fingers and push down.	1-16	8	
-	Grab between their fingers with your fingers and twist outwards.	1-16	-	
-	Grab their R/L hand with your R/L hand, twist it inwards, and strike on their arm with your L/R hand to break it	3-7, 3-8	41	
-	Grab their R/L hand with your R/L hand, pull it to you and break their arm with your L/R hand	3-11, 3-12	43	
-	Grab their R/L hand with your R/L hand, pull it to you, and come with your L/R hand under their elbow, so they give you their back. Strike across their neck from behind with your L/R hand, and push them down with your L/R hand. Reach between their legs with your R/L hand as you step with your L/R foot in front of their L/R foot, and throw them	6-14, 6-15	97	
-	Grab their L/R hand with your R/L, pull it over you and go through under their L/R arm, step with your L/R leg in front of their body, reach over their back with your L/R hand, and throw them	4-3, 4-4	56	
-	Grab their R/L hand with your R/L, take it over your head, sweep between their legs with your L/R hand, and throw them down	5-7, 5-8	74	
-	Grab their R/L hand with your R/L, take it over your head, seize their L/R leg from in front with your L/R hand, set your L/R leg behind their R/L leg, and throw them	5-11, 5-12	76	
-	Grab their L/R hand with your R/L hand, sweep through under their L/R arm with your head, and step with your L/R leg between their legs, your L/R hand coming between their legs, and throw them.	8-9, 8-10	124	
-	Grab their R hand with your R, and their L with your L, and wind through underneath, so you can carry them	5-1	71	
-	Grab their R/L arm with both hands, take it onto your R/L shoulder, and break it.	3-14, 3-16	a45	
Stand with their legs straight.	Grab them at both their arms, and with your R/L foot kick them on their R/L kneecap, to break their leg.	8-13, 8-14	126	
Stand with their R/L foot in front.	Grab them by their throat with your R/L hand, and with your L/R hand at their R/L pant leg or the back of their R/L knee, and throw them back.	8-17, 8-18	128	
-	Grab them by their throat/chest with your R/L hand and strike them	3-2	37	
-	Grab them around their body with both hands, lift them, and set them down strongly, to break their back.	8-19	129	
-	Standing in front of them, grab their R/L flank with your R/L hand, seize their L/R leg with your L/R hand, set your R/L leg wide behind their L/R leg, and throw them	5-2, 5-3	72	
-	Standing behind them, grab their L/R flank with your R/L hand, and their R/L leg with your L/R hand; assisting yourself with your R/L leg, throw them	5-5, 5-6	73	
-	Drop your L/R arm over their L/R arm, lift their L/R leg over your R/L knee, from the inside, step with your L/R leg behind their R/L knee, and throw them	5-15, 5-16	78	
-	Grab their hair with your R/L hand, and strike up from below on their chin with your L/R fist	2-30	33	This lesson is only given for one side.

AGENT

	Step with your R/L foot outside their L/R foot, and throw them over your R/L leg	4-7, 4-8	58	
	Step with your L/R foot behind their L/R foot, and throw them over your L/R hip	4-5, 4-6	57	
	Set your R/L foot behind their feet, and seize them with your R/L hand across their chest, then throw them over your R/L foot	5-13, 5-14	77	
	Step onto their R/L foot and shove against their body with your R/L hand	4-25, 4-26	69	
	Set your head against their body and overrun them	3-23	50	
	Set your head against their body, seize the backs of their knees, and throw them backwards	3-28	54	
	Set your head against their chest, seize their R/L leg, and throw them down	4-19, 4-20	66	
	Set your head against their chest, put your hands around their body, and push	5-24	83	
	Stick your head between their legs, and throw them over you	3-26	53	
	Strike with the edge of your flat hand on their nose, mouth or throat	2-29	32	
	Strike them with your R/L elbow in their face	2-32, 2-33	35	
	Strike them with your R/L elbow in their ribs	2-32, 2-33	35	
	Kick them on their R/L knee with your R/L foot, to break their leg	3-3, 3-4	38	
	Standing with your R/L foot in front, kick their R/L front foot with your L/R foot, and thrust or strike them in the throat with your L/R hand, so that he falls	7-1, 7-2	105	

PATIENT

PATIENT

They	and	You	Lesson	Image	Notes
Grab your R/L wrist with their L/R hand	-	Free yourself on the outside	1-24, 1-26	13, 14	
		Free yourself on the inside	1-25, 1-27	-	
Grab your R/L wrist with their R/L hand	Twist it (3-7, 3-8) Pull it to them to break your arm (3-11, 3-12)	Free yourself [on the outside] and thrust your R/L elbow in their face	3-9, 3-10	42	
		Twist your arm free	3-13	44	
		Thrust them in the face with your elbow	3-13	-	
		Step with your R/L leg behind their L/R leg, push them back with your elbow against their body, grab between their legs with your L/R hand, and throw them	7-14, 7-15	112	
Grab your R/L wrist with both hands	Take it onto their shoulder to break it (3-14, 3-16)	Turn your R/L arm (that they grabbed), take their L/R leg with your L/R hand, and throw them over your R/L leg	3-15, 3-17	d45	
		Twist your arm, set your knees in the backs of their knees, and pull them down backward.	3-18	46	
Grab both your wrists	-	Free yourself on the outside with both hands	1-28	15	
		Free yourself on the inside with both hands	1-29	-	
Grab your R/L arm with their L/R hand	-	Free yourself on the outside	1-5, 1-6	2, 3	
		Free yourself on the outside with your R/L hand, extend your R/L hand across their chest, jump with your R/L leg behind their legs, and throw them	4-11, 4-12	60	
		Free yourself on the inside	1-7, 1-8	-	
		Strike them in their elbow	1-9, 1-10	4	
		Reach over their wrist with both arms, and push down	1-11, 1-12	5	
		Set your R/L arm on their L/R hand on the inside, free yourself from the inside, at the same time grab their L/R hand with your R/L, and twist it somewhat outwards. Drive under their L/R elbow with your L/R arm, and break their arm	6-10, 6-11	95	Based on the illustration, it appears that at some point Pascha started confusing left and right. Most likely, the second part of this lesson should read "at the same time grab their R/L hand with your R/L, and twist it somewhat outwards. Drive under their R/L elbow with your L/R arm, and break their arm."
Grab both your arms	-	Free yourself on the outside	1-13	6	

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Grab both your arms	Free yourself on the inside	1-14	-	
	Free yourself on the inside, so that their arms come under yours, then turn yourself from one side to the other to break them	6-9	94	
	Strike them in both elbows with both your hands	1-15	7	
	Strike with your R/L arm onto both their arms	1-22, 1-23	12	
	Set your R/L hand in your R/L flank, and thrust their hands away with your R/L elbow	1-20, 1-21	11	
	Loosen their L/R hand on the outside, wind, grab them around their body with your R/L hand, under their arm, jump with your R/L hip in front of their body, and throw them	3-19, 3-20	47	
	Loosen their L/R hand with your R/L arm, on the outside, drive across their chest with your R/L hand, set your R/L foot behind both their legs, and throw them	7-26, 7-27	-	These lessons were omitted in the 1673 edition.
	Loosen their L/R hand with your R/L arm, on the outside, and wind around so that their arm comes to lie on your R/L shoulder. Drive with your R/L hand onto their L/R elbow to break their arm.	8-15, 8-16	127	
	Loosen their hands on the outside with your L/R hand, sweep across their chest with your L/R hand, step with your L/R leg behind their legs, lift their R/L leg with your R/L hand, and throw them over your L/R leg	4-14, 4-15	62	
	Free yourself on the inside, drive your R/L hand over their L/R shoulder, step against their body with your R/L leg, and throw them over your R/L hip.	8-2, 8-3	121	NB. This is not easy if you are smaller than your opponent
	Fall with your L/R arm over their arms, lift their L/R leg with your L/R hand, from the outside, and with your R/L hand from the inside, step with your L/R leg behind their R, and throw them.	8-6, 8-7	122	
	Step with your L/R leg behind their R/L leg, come with your L/R hand under their chin, and push them from you..	8-20, 8-21	130	
	Grab them on the inside, and push them back strongly	3-21	48	
Grab them by their arms on the inside, with both your hands, and slap them in the face with one hand after the other	6-8	93		
Grab both your arms crosswise	Free yourself on the outside	1-18	10	
	Free yourself on the inside	1-19	-	

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Grab your R/L flank with their L/R hand	Free yourself on the outside	2-1, 2-3	16, 17	
	Free yourself on the inside	2-2, 2-4	-	
	Strike them in their L/R elbow with your R/L hand	2-8, 2-9	20	
	Strike them on their L/R elbow with your R/L hand	2-11, 2-12	22	
Grab both your flanks	Free yourself on the inside with both hands	2-5	18	
	Free yourself with your R/L hand in their weak on the outside	2-6, 2-7	19	
	Strike them in both weaks on the inside with both hands	2-15	24	
	Strike them in both elbows with both your hands	2-10	21	
	Strike them on their L/R elbow with your R/L hand	2-13, 2-14	23	
Grab your chest/throat with their R/L hand	Free yourself on the outside with your L/R hand	2-16, 2-18	25, 26	The text for lessons 2-16-2-19 reads "R/L hand". Based on the images, this is likely incorrect. Furthermore, the images may show a release on the inside, rather than on the outside.
	Free yourself on the inside with your L/R hand	2-17, 2-19	-	
	Loosen their hand on the outside with your L/R hand, wind their R/L hand with your L/R so that it comes on your L/R shoulder, step against their body with your L/R leg, and throw them over your L/R hip	5-17, 5-18	79	
	Set your L/R hand in your flank, and thrust against their R/L arm with your L/R elbow to free yourself	2-22, 2-23	28	
	Set your L/R hand in your flank, grab their wrist with your R/L hand, and strike their R/L elbow with your L/R arm to break their arm	4-22, 4-23	67	
	Seize their wrist with your R/L hand, grab their R/L elbow with your L/R hand, and break their arm	4-27, 4-28	70	
Grab your chest/throat with both hands	Free yourself on the outside with both hands	2-20	27	
	Free yourself on the inside with both hands	2-21	-	
	Drive both your elbows between their arms, in the weaks, and free yourself	2-24	29	
	Free yourself with your elbows, grab their legs, set your head on their chest, and throw them back	3-6	40	
Grab you around your body	Drive your thumbs between their cheeks and teeth, and tear out	2-31	34	
	Grab their hair with both hands, and push their eyes back	5-25	84	

PATIENT

Grab you around your body	and you cannot free yourself [and your arms]	Grab their ears and twist them around	5-26	85	
		Move both your arms to free your R/L arm, and punch them under their chin with a balled fist	7-9	109	
		Move both your arms to free your R/L arm, and push them in their flank	7-9	-	
Approach to grab you around your body	-	Swiftly bend over, thrust against the front of their body with your head, lift their feet up with both hands, and throw them	7-16	113	
Grab around you from behind	-	Set your R/L foot behind their L/R, seize their pants with both hands, and throw them down	5-28, 5-29	87	
Fall with their R/L arm over your L/R.	-	Seize their L/R arm with your R/L, jump in with your L/R leg, take their hip grabbing around their body with your L/R hand, and throw them	7-3, 7-4	106	
Press close to you	-	Grab both their arms and pull them down, jumping backwards	4-13	61	
Press at you strongly	to throw you down	Hold them firmly, and throw them over you via 7-22	7-23	116	
During grappling they push on the R/L side, while you push on the L/R side	-	Before they realise, give way on the side where they push, to make them fall	7-10, 7-11	110	
Want to throw you to the ground	-	Set your knees against theirs, fall down, and throw them over you	4-24	68	
Want to throw you over their R/L leg by stepping outside your L/R leg. (4-7, 4-8)	-	Grab around them with your L/R hand, and throw them over your L/R hip	4-9, 4-10	59	
Jump with their R/L leg to your R/L leg	[to throw you (4-5, 4-6)]	Jump with behind their feet your L/R foot, drive your L/R hand across their chest, grab their R/L leg with your R/L hand, and throw them	6-20, 6-21	100	
Seize you across your chest with their L/R hand, and set their L/R leg behind your R/L leg	to throw you (e.g., 5-13, 5-14)	Grab them around their body with your R/L hand, and throw them over your R/L hip	6-24, 6-25	102	
Standing in front of you, grab your R/L flank with their R/L hand, seize your L/R leg with their L/R hand, set their R/L leg wide behind your L/R leg	to throw you (5-2, 5-3)	Do the counter	5-4	-	
Want to throw you over their R/L hip	-	Fall with your knees into the backs of their knees, and push them down as you bend backwards, to bring them to their knees	7-12, 7-13	111	

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Want to throw you over their R/L hip	-	Pull back a little, and grab them around their body with your L/R hand, lift their R/L leg with your R/L hand, and throw them	7-20, 7-21	115	
		Place your R/L hand across their neck, push them down with that, reach between their legs from behind with your L/R hand, and turn them around to the R/L	7-24, 7-25	117	
		Go over their head with your L/R hand, seize their R/L leg with both hands, at the back of their knee, lift this leg high, bend to the R/L, and throw them	7-28, 7-29	118	
		Step with your L/R foot behind their legs, grab them around their neck with your L/R hand so that it comes to lie on their L/R shoulder. Pull this back, seize their R/L leg with your R/L hand, and throw them over your L/R leg	8-11, 8-12	125	
	as they step with their R/L foot behind your R/L foot	Set your L/R foot behind their L/R foot, grab them around their body with your L/R hand, and throw them	7-18, 7-17, 7-19	114	
Set their head against your body	-	Free yourself with your R/L hand so that they run with their head into the ground	4-1, 4-2	55	
	to overrun you (3-23)	Push their head down, and grab their pants from behind so that they fall on their head	3-24	51	
	And grab your leg to throw you down (4-19, 4-20)	Thrust your knee in their face Kick them in the face with your foot	3-25 4-21	52 52	
Set their head against your chest	-	Kick them in the face with your foot	4-2	-	
	and push	Grab them by their collar with both hands, jump back, and pull them down. If they are not wearing a jacket, close both hands around their neck from above, and pull them down, or grab them by their hair and pull them down	8-8	123	
Stick their head between your legs	to throw you over them (3-26)	Grab their pants from behind so that they fall on their head (3-24)	3-27	51	
		Thrust your knee in their face, as in 3-25 (3-25)	3-29	52	
Strike or grab at you with their R/L hand.	-	Parry above with your R/L arm	2-25, 2-26	30	
		Parry out their R/L arm with your L/R arm, with your R/L hand grab their R/L elbow, and break their arm	5-19, 5-20	80	
		Parry below with your R/L arm	2-27, 2-28	31	
		Parry their R/L arm with your L/R arm, step in and thrust them in the face with your R/L elbow	5-21	-	This lesson is only given for one side.
		Parry their R/L arm with your L/R arm, step in and thrust them in the ribs with your R/L elbow	5-21	81	This lesson is only given for one side.

PATIENT

Strike at you with their R/L hand		Parry with your R/L hand, grab them under their R/L arm with your L/R hand, and knock them around to come at them from behind.	6-1, 6.2	89	
		Parry with your R/L arm, at the same time drive your L/R hand across their chest and L/R arm, seize their R/L leg on the outside with your R/L hand, set your L/R leg behind their legs, and throw them.	5-22, 5-23	82	
		Intercept their strike with your R/L arm, swiftly stepping with your L/R foot behind their R/L. Grab them by their throat with your R/L hand, and grab them by their L/R shoulder from behind with your L/R, and throw them.	6-12, 6-13	96	
		Standing with your L/R foot in front, grab their R/L hand with both your hands, and twist it. Turn to your L/R and take it onto your L/R shoulder. Break it.	6-16, 6-17	98	
		Standing with your R/L foot in front, grab their R/L hand with both your hands, and twist it inwards. Hold it only with your L/R hand, and strike on their R/L elbow with your R/L hand, to break it.	6-18, 6-19	99	
		Standing with your R/L foot in front, parry their strike with your L/R hand. With the same hand, swiftly grab them by their collar or hair from behind, jumping with your L/R foot behind their R/L. Grab them between their legs with your R/L hand. Lift them, pull them back, and throw them.	7-30, 7-31	119	
	on the outside	Standing with your L/R foot in front, grab their R/L arm under your L/R arm, and thrust them in the face with your R/L hand.	6-3, 6-4	90	
		Standing with your L/R foot in front, grab their R/L arm under your L/R arm, and then turn to your R/L to break their arm.	6-5, 6-6	91	
	standing with their R/L foot in front	Intercept their strike with your R/L arm, setting it under their R/L elbow, and push their arm back. Swiftly grab the back of their R/L knee with your L/R hand, and throw them.	6-22, 6-23	101	
		Standing with your R/L foot in front, catch their strike with your L/R arm, set your L/R foot behind their R/L, grab their throat from in front with your R/L hand, grab them behind their L/R shoulder with your L/R, and throw them.	7-5, 7-6	107	

PATIENT

Strike at you with their R/L hand	standing with their R/L foot in front	Standing with your R/L foot in front, parry their strike with your L/R, grab them by the throat from in front with your L/R hand, grab their R/L leg with your R/L hand, step with your L/R foot behind their R/L, and throw them.	7-7, 7-8	108	
Want to thrust you in the face or ribs with their R/L elbow	-	Parry their R/L arm away with your R/L hand, thrust them back, set your L/R foot behind their feet, seize them by their L/R shoulder with your L/R hand, and throw them over your L/R leg.	2-34, 2-35	16*	This lesson only has a figure in the 1663 edition.
Kick at your R/L knee to break your leg with their R/L foot (3-3, 3-4)	-	Set back your R/L foot, grab their R/L foot with both hands, and throw them	3-5	39	
Throw you to the floor	and are still standing	Get up a little, stick your head between their legs, and throw them over you or to the side.	8-1	120	
	and want to fall onto you	Swiftly put your feet together, and as they fall onto you, grab their arms, bend backwards, and pull them, setting your feet against their body and lifting them, so you throw them over you	7-22	116	
Lie on top of you	-	Grab their hair with both hands, and push their eyes back	5-25	84	
		Grab their ears and twist them around	5-26	85	
Turn their back at you	-	Set your head against their tailbone, seize their legs, and pull them away	5-27	86	
Throw a pitcher or something else	-	Go at them with your arms crossed, covering your head	1-17	9	
Have something in their fist	-	Grab their hand with both hands, and pull down strongly	3-1	36	
Over-commits to a thrust or cut in fencing	-	Parry, step in and kick their R/L foot away with your L/R leg	5-30	88	Note that this lesson is actually to be done while fencing. Accordingly, it is only given for one side.

RE-AGENT

You	They	You	Lesson	Image	Notes
Grab both their arms and push (3-21)	Grab both your arms on the inside	Set yourself firm and push back.	3-22	49	
Want to throw them over your R/L hip.	Set yourself back.	Set your R/L elbow in their back, and push them from you. You can also thrust them in the back at the same time.	8-4, 8-5	-	These lessons were omitted in the 1673 edition.
Strike at them with your R/L hand	Reach for your strike. (e.g., 2-25, 2-26)	Grab their front leg with both hands, and throw them.	6-26, 6-27	103	
	Reach for your strike, standing with their feet even.	Grab the backs of their knees with your hands, set your head against their chest, and throw them	6-28	104	
Strike at them on the outside, with your R/L hand.	Grab your R/L arm under their L/R arm, and turn to their R/L to break it. (6-5, 6-6)	Twist your arm free	6-7	92	