

Technique: Body Fold Takedown

Position: Standing

Overview

Instead of exchanging punches with a larger opponent, we recommend that you establish the clinch and take them to the ground where you can exhaust and submit them. Once you establish the clinch, there is a good chance that they will get desperate and try to hit you in the face. In doing so, they will lean back and unknowingly create the perfect opportunity for the Body Fold Takedown.

Technical Slices

1. Body Fold Takedown

- *Indicator:* Opponent attempts to throw punches after you establish the clinch
- *Essential Detail:* Tight clinch and slight body pickup prior to the fold
- *Most Common Mistake:* Failure to lift the opponent slightly prior to the fold
- *Safety Tip:* Release the clinch and take a “safety step” to control the descent
- *Bad Guy Reminder:* Hold onto the good guy and put your butt on the ground first then roll back
- *Core Principles:* Connection (1), Kuzushi (11)
- *Drill Orders:* Clinch start, 1 rep, reverse roles

2. Bonus: Inside Trip

- *Indicator:* Opponent maintains base in the clinch
- *Essential Detail:* Deep hook insertion
- *Most Common Mistake:* Weak propulsion off the back leg
- *Bad Guy Reminder:* Break your fall and keep your head up
- *Core Principles:* Centerline (31), Kuzushi (11), Anchor (25)
- *Drill Orders:* Clinch start, 1 rep, reverse roles

Reflex Development Drill

Practice the

Body Fold Takedown – Standing (L14)

in combination with

Take the Back – Mount (L4)

and all variations of the

Rear Naked Choke – Back Mount (L5)

Fight Simulation Drill

1. Clinch – Standing – Aggressive Opponent (L7)
2. Body Fold Takedown – Standing (L14)
3. Positional Control – Side Mount – Guard Prevention (L13)
4. Take the Back – Mount (L4)
5. Punch Block Series – Guard – Stages 1-2-1 (L8)
6. Triangle Choke – Guard – Giant Killer Variation (L10)

Mindset Minute

Any time your opponent makes a serious effort to strike at you from the clinch they are exposing themselves to the Body Fold Takedown. The advantage of the Body Fold Takedown is that it can be applied relatively quickly when the opportunity is right. If ever you attempt to use it and it doesn't work, because their base is too strong or they are too large to fold, you can try the Leg Hook Takedown.