

Technique: Leg Hook Takedown

Position: Standing

Overview

Your goal in any one-on-one physical altercation should be to avoid dangerous punches while standing, and then to get the fight to the ground where you can more effectively control and defeat your opponent. The safest place to be in a fight, while standing, is in a clinch. From the clinch, your opponent's striking power is almost entirely eliminated. You will learn how to close the distance and establish the clinch in a future lesson. In this lesson, we will teach you how to take the opponent down once you get there.

Technical Slices

1. Clinch Control (Preparation Drill)

- **Essential Detail:** Keep your hips close to your opponent's
- **Most Common Mistake:** Incorrect head positioning
- **Bad Guy Reminder:** Move in various ways to test control and balance
- **Core Principles:** Distance (3), Posture (16)
- **Drill Orders:** Clinch start, control for 5-10 seconds, reverse roles

2. Leg Hook Takedown

- **Indicator:** Opponent maintains a wide base when you establish the clinch
- **Essential Detail:** Effective clinch control and setup step
- **Most Common Mistake:** Failure to control the descent by releasing the opponent
- **Bad Guy Reminder:** Keep your base wide and low to facilitate your partner
- **Safety Tip:** Bad guy should hold on to their partner's back during the takedown to cushion the fall
- **Core Principles:** Kuzushi (11), Detachment (2)
- **Drill Orders:** Clinch start, 1 rep, reverse roles

3. Bonus: Outside Trip

- **Indicator:** Opponent is moving aggressively and unpredictably in the clinch
- **Essential Detail:** Effective load step to generate maximum propulsion
- **Most Common Mistake:** Failure to hook the leg deeply enough
- **Bad Guy Reminder:** Break your fall
- **Core Principles:** Anchor (25), Kuzushi (11)
- **Drill Orders:** Clinch start, 1 rep, reverse roles

Reflex Development Drill

Practice the

Leg Hook Takedown – Standing (L6)

in combination with all variations of

Positional Control – Mount (L3)

Fight Simulation Drill

1. Leg Hook Takedown – Standing (L6)
2. Take the Back – Mount (L4)
3. Rear Naked Choke – Back Mount – Strong Side (L5)
4. Remount Technique – Back Mount (L4)
5. Americana Armlock – Mount – Neck-Hug (L2)

Mindset Minute

Focus on establishing an effective clinch with solid base, and only step in for the takedown when you feel comfortable. The more control you have during the takedown, the more likely you are to remain in control once you get to the ground. Don't worry about slamming your opponent into the ground since the harder you land, the harder you bounce.