

Technique: Double Ankle Sweep

Position: Guard

Overview

Your most important task from the bottom of the guard is to avoid all knockout punches. Depending on what your opponent does from within your guard, there are many techniques you can use to reverse the position or win the fight. One situation in which your opponent is vulnerable for a sweep is when they stand up directly over you to throw punches from within the guard. The Double Ankle sweep is a premium example of how leverage and timing can overcome size and strength. In this lesson you will learn two variations of this powerful sweep.

Technical Slices

1. Knee Thrust Variation

- *Indicator:* Opponent stands up with their feet very close to your hips
- *Essential Detail:* Simultaneously grabbing the ankles and thrusting the knees
- *Most Common Mistake:* Letting go of the head and uncrossing the feet too soon
- *Bad Guy Reminder:* Stand tall with your feet very close to your partner's hips
- *Safety Tip:* Keep your head from hitting the ground during the sweep
- *Core Principles:* Clock (8), Momentum (21)
- *Drill Orders:* Guard start, 1 rep, reverse roles

2. Kick Variation

- *Indicator:* Opponent is too tall for the Knee Thrust Variation to be effective
- *Essential Detail:* Keep control of the head until the opponent is completely standing
- *Most Common Mistake:* Attempting to go directly to the mount after the kick
- *Bad Guy Reminder:* Be sure to stand up with your hips high to warrant the Kick Variation
- *Safety Tip:* When sitting up after the sweep (bad guy) be sure to keep your hands off the ground to avoid injury
- *Core Principles:* Tension (14), Buoyancy (27)
- *Drill Orders:* Guard start, 1 rep, reverse roles

3. Bonus: Double Ankle Counter

- *Indicator:* Opponent attempts the Double Ankle Sweep on you
- *Essential Detail:* Solid base and quick step-out
- *Most Common Mistake:* Failure to redirect the energy of the opponent's knees
- *Core Principles:* Redirection (29), Pyramid (4)
- *Drill Orders:* Top guard start, 1 rep, reverse roles

Reflex Development Drill

Practice all variations of the

Double Leg Takedown – Standing (L17)

in combination with all variations of the

Double Ankle Sweep – Guard (L20)

Fight Simulation Drill

1. Elbow Escape – Mount – Heel Drag (L12)
2. Double Ankle Sweep – Guard – Knee Thrust (L20)
3. Armbar – Mount – Standard Variation (L9)
4. Punch Block Series – Guard – Stages 1-2-4-1 (L8)
5. Armbar – Guard – Low Variation (L19)
6. Headlock Escape 1 – Side Mount – Standard (L18)

Mindset Minute

If the opponent stands and the ankles are within reach, the Double Ankle sweep is the best option. If you are not 100% certain that you will be able to reach the ankles do not attempt this technique, you are much safer resorting to Stage 4 defensive position. The best indicator of the closeness of your opponent's ankles is their weight distribution, the more they are leaning on you the further back their feet usually are. If you are not sure whether or not the ankles are within reach, don't go for it.

Street Tip: Clothing Considerations

What your opponent is wearing determines what grips are available to you in a fight. When they have less clothing on, you'll need to rely more on contact grips like underhooks, wrist controls, and neck hugs. But when they have loose fitting clothing on, not only do you have virtually unlimited ways you can grab and control your opponent, you also have many "Street Chokes" available to you that wouldn't otherwise be possible. If you like what you see here, learn them all in the Street Choke Mastery Seminar exclusively available online at GracieUniversity.com.