

Technique: Double Leg Takedown

Position: Standing

Overview

The advantage of establishing an upper body clinch is that once you take your opponent down you end up in the very dominant mount position, and you can disengage from the clinch if necessary (e.g., in a multiple attacker situation). If you anticipate difficulty in establishing the clinch, however, the Double Leg Takedown is a great alternative. In this lesson you will learn the basic mechanics of the Double Leg Takedown, and then you will learn how to apply it against opponents of varying levels of aggression.

Technical Slices

1. Basic Application (Preparation Drill)

- **Essential Detail:** Tight leg control, solid base, and a powerful shoulder drive
- **Most Common Mistake:** Failure to position your head to the opposite side of the penetration step
- **Safety Tip:** Bad guy must keep core tight and prevent head from hitting ground
- **Core Principles:** Kuzushi (11), Connection (1)
- **Drill Orders:** Standing start, 1 rep, reverse roles

2. Aggressive Opponent

- **Indicator:** Opponent advances towards you aggressively
- **Essential Detail:** Solid base to stop the opponent's forward momentum
- **Most Common Mistake:** Releasing the legs too soon after the takedown
- **Bad Guy Reminder:** Take 2 slow steps and then become "aggressive"
- **Core Principles:** Distance (3), Depletion (18)
- **Drill Orders:** Standing start, 1 rep, reverse roles

3. Conservative Opponent

- **Indicator:** Opponent advances towards you conservatively
- **Essential Detail:** Jabbing for distraction while simultaneously shooting for the legs
- **Most Common Mistake:** Ineffective distance management
- **Core Principles:** Creation (5), Velocity (7)
- **Drill Orders:** Standing start, 1 rep, reverse roles

4. Bonus: Clinch Climb

- **Indicator:** Opponent doesn't fall after your initial Double Leg shot
- **Essential Detail:** Immediate step forward with the trailing leg to initiate the climb
- **Most Common Mistake:** Failure to maintain connection during the climb
- **Core Principles:** River (9), Detachment (2)
- **Drill Orders:** Standing 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

Positional Control – Side Mount (L13)

Fight Simulation Drill

1. Double Leg Takedown – Standing – Conservative (L17)
2. Positional Control – Side Mount – Roll Prevention (L13)
3. Headlock Counters – Mount – Back Mount Finish (L16)
4. Rear Naked Choke – Back Mount – Weak Side (L5)
5. Elevator Sweep – Guard – Headlock Variation (L11)
6. Armbar – Mount – Standard Variation (L9)

Mindset Minute

One advantage of Double Leg Takedown is the surprise element you utilize when going for the opponent's legs, one disadvantage is that you end up inside your opponent's open guard. If you don't think you can effectively control your opponent in the clinch, this takedown may be more effective than the upper body strategies. Perfect them both so that your instincts can choose the best option in the heat of battle. If you shoot the Double Leg and your opponent sprawls to neutralize your takedown, you may need to sit back and transition to the guard.

Street Tip: Pre-Assault Indicators

Right before someone is about to engage in an act of physical violence or aggression, there are several significant indicators that may reveal their assaultive intentions. While the complete list of indicators is virtually endless, the four big ones we want you to focus on are: 1) the feet, 2) the hands, 3) the eyes, and 4) the distance.