

Metadata: <https://www.youtube.com/watch?v=wi3p4io4Oro>

Ok guys, I'm here today with John Daniel, a huge honor for me, Placido Guys, John just finished shooting the first instructional video of the Stand to Ground series All about the takedowns, so the best takedowns for no gi, right John? Yeah, it's been a fascinating project I think it's probably fair to say, Bernardo, that when we started Jiu Jitsu If there were three areas in Jiu Jitsu that were just noticeably deficient And weaker than the rest of Jiu Jitsu It would have been leg locks, takedowns, and maintaining the action on the floor So the opponent couldn't just stand up off the ground and get away from us Those three areas, I think, Jiu Jitsu was sorely lacking when we began Jiu Jitsu I'm happy to say that leg locks, probably no one would consider that now a weakness in Jiu Jitsu If anything, it's become a strength in the last 10 years But still, there's the issue that takedowns in the sport of Jiu Jitsu are noticeably weaker than other grappling arts And not only takedowns, but the ability to keep people on the ground after the takedown is also noticeably weaker Joe, I have seen you talking a lot about that, about how the Jiu Jitsu guys fail in MMA Because they can't keep them Yes, they have very little background in both getting it to the ground and, perhaps most importantly, keeping it on the ground Why? Because in Jiu Jitsu, the rule set is very, very simple If Placido and I are in standing position, and I come out and set guard on Placido The rules of Jiu Jitsu dictate that Placido must engage with me If Placido backs off, he's going to get hit with storm claws The minute one athlete commits to the ground, the other must commit to the ground Now, that's in the Jiu Jitsu rule set, but you go outside that rule set Well, in MMA, you do it in the water Yeah, and so, thank you So, this is something of a problem Now, you might, and with some justification, look at me and laugh and say Wait a minute, Dan, your students are the most notorious butt scooters in the entire industry So, how are you going to come here now and start talking about It's bad to sit on the ground and have the guy disengage There's some truth to that I do push the idea of bottom position very, very hard on my athletes I believe if you don't have a strong bottom game, you're not a Jiu Jitsu athlete Simple as that You can't just be a top athlete guy I don't want to see Jiu Jitsu become a game where it's all about top position Take down to top position, and whoever gets top position wins I think that would be a sad day for Jiu Jitsu I still believe you have to be equally comfortable top and bottom So, I still do emphasize pulling guard and working for bottom position with my athletes My point is, that shouldn't be your only option You shouldn't be an athlete who says the only choice I have is to pull guard Because I don't know a single take down And even if I did, I wouldn't be able to keep him on the ground anyway You should see guard pulling as something you want to do Because you have some tactic or angle that makes it desirable for that particular match Not because it's your only damn option Athletes should be well-rounded They should be more than capable of going in And putting someone their own size and skill level down to the floor Doing it with confidence They should know that if the opponent tries to stand up There's ways to counter it and keep the action down on the mat if they so desire If they want to come out and pull guard, then they should be able to do that We're looking to create well-rounded athletes Who can play both the take down game and the bottom game That's the goal You will see, in fact, with my students I began teaching them as athletes who focus primarily on leg locks from bottom position That's because that was a hole in the game when they began It was the easiest way to quickly get them up through collateral competition Despite them having relatively little competition experience But you will also see that as my athletes have matured They've brought in a different aspect to the game Quite often now they use take downs to get top position And work from dominant top positions But that doesn't mean they can't also pull guard if they don't want to So over time you've seen this shift I do believe the last two weaknesses of Jiu-Jitsu At least as far as technique goes There are other weaknesses in Jiu-Jitsu But I will cover that in a different time That need to be removed are The general weakness in take down technique And the general weakness in the ability to keep the action on the mat And return opponents to the mat when they're trying to stand up on it And those two things

need to be addressed the same way leg locks were addressed Jiu-Jitsu successfully addressed the leg lock issue Now it has to address the take down issue And the mat return issue You've got to be able to return people to the mat You've got to be able to put them on the mat This video is about exactly that How to use the rules of Jiu-Jitsu And successfully take people down from neutral position When the action starts It always starts in neutral position We have to work from here The first question we ask is What are the most appropriate take downs My answer to that is very simple Double legs will always be number one Because it's very difficult for an opponent To use any kind of front defense Which is very common in the sport of Jiu-Jitsu To defend themselves and escape Single legs because they're the easiest to get to They're also the hardest ones to finish in Jiu-Jitsu They're also the riskiest ones to finish There's many submission counters to them And I'm also a big proponent of the idea of locking the body Of working from front body locks And from under hooks like so You will see my students in ADCC Often make use of knee pick take downs from here To work I believe these are particularly well suited to the sport of Jiu-Jitsu So they get a very heavy emphasis in this video It's mostly about hit inside single legs Double legs and body locks And working out of under hook situations Those I believe are the most suited to the sport of Jiu-Jitsu I do believe some kinds of take downs Which are very very useful for wrestling Such as high crotches Where it's a single leg with your head to the outside I'm not going to say they can't work But I'm saying they can be a little risky I do teach them But they're not as heavily emphasized as hit inside singles Or double legs or body locks So I go over what I believe are the most high percentage approaches to take downs I also cover some which are not really heavily emphasized in wrestling But which are heavily emphasized in Judo Foot sweeps which I believe are very very well suited to the sport of Jiu-Jitsu So we go over what I believe are the most high percentage take downs From neutral position We also look at the idea of hand fighting in detail Unfortunately in Jiu-Jitsu Because the matches are longer than wrestling matches And because there is much less referee intervention You can often get matches which devolve into long periods Of two people slapping each other on the head And it's so good to watch It's very ugly to watch, let's be honest So I look at what I believe is a coherent and effective way For emerging athletes to understand hand fighting in a very constructive way The basic philosophy which I teach Is one where we're always looking for one of three goals We're looking constantly to either Get outside of our training partner's elbows That confers advantageous angle Doesn't matter how we do it, whether it be posting Whether it be dragging or what have you So we're constantly looking to get outside of the elbows To create good attacking angles The second is to get our training partner's hands down to the mat If we can get hands down to the floor That's a position from where take downs are relatively easy The third is to create conditions where there is a straight line Between my head and his legs with nothing in between If his arms are intervening between me and his legs It's going to be hard to have take downs But if I'm constantly working this guy's head down And I create situations where momentarily There's nothing between my head and his legs That's where we're going to get successfully into positions Where we can start taking people down So my approach to hand fighting is No matter how many techniques we learn in hand fighting They all come down to three things Can I one, get my opponent's hands down to the mat Or two, get outside my training partner's elbows Or three, create conditions where there's nothing Between my head and my training partner's legs And if so, it's going to be relatively easy To start putting people down So we have a whole study of the skills of hand fighting Understand that when you're working from neutral position You're both very, very dangerous to each other It's neutral, it's hard work So anything we can do to create momentary advantage To make those take downs easier is money in the bank And to my way of thinking I mean hand fighting that works in those three directions Bring your opponent's hands to the floor Get outside of his elbows Or create a momentary situation Where there's nothing between your head and his legs If you just have those three things in mind All of the various methods of hand fighting

Will make a lot more coherent sense to you And you'll be able to find, even from neutral position You can get your opponent's legs and waist Much more often than finish Then we focus on the most high percentage methods of take downs Which are particularly applicable and appropriate for the sport of jiu-jitsu Head and side singles, double legs, body locks and underhooks Which create the submissions where you're in the least threat Single, double leg, body lock and underhook Usually knee picks, ankle picks, etc. And then finally foot sweeping Which requires very little risk And even when it fails Doesn't usually result in a bad outcome So these, to my mind, are the most high percentage methods So I teach these And I put them in the context of a hand fighting system Where everything comes down to three, etc. Can you put your opponent's hands on the floor? Can you get outside of his elbows? Or can you create a momentary opportunity Where there's nothing between your head and his legs And you play those three against each other Every time there's that momentary opportunity You go into those high percentage techniques And suddenly you find that the neutral position Can be made momentarily advantageous to you And the takedowns become a lot easier John, I really love how you break down everything So, for example, it's already sticking in my mind So, hand fighting You try to force both hands to go to the ground Or get away Or create a space to go for doubles and underhooks And what you find is the more your opponent resists one He will always create opportunities for the other two So the more resistance you run into on one domain Just keep your eyes open for the other two So, for example, if my whole thing is I come out and I'm really working hard To try and get this guy's hands to the floor The more Placido resists the hands to the floor The easier it's going to be to create a situation That there's nothing between here And if he doesn't resist, then you force him to Say, for example, I come in on a simple drag And I'm trying to get outside my training partner's elbow And Placido goes to square up to me The more he goes to square up to me The easier it's going to become to put things down to the mat And so you constantly work these three As a combination And as I said, the more your opponent resists one The more exposed you will become to the other two And that's how you work against strong resistance You know, the one thing you can guarantee In a tough match is resistance So anything which enables you to use resistance for profit Is a good thing for you to employ And then regarding high percentage steak knuckles It's the double leg, single leg, body lock, and underhooks Yes, and typically out of underhooks You'll be mostly looking for knee picks You'll see, for example, Gordon Ryan Winning ADCC gold in his weight division in 2019 Made heavy use of underhook to knee pick And to me, that's one of the most high percentage Because it's so risk-free Even when it fails, nothing bad happens And it's allied with so many other forms of technique If I have a good underhook position, leg back And from here, then the knee's always in a position Where you can work towards it I will have my opponent come after my wrist As he takes the wrist, the more extended he gets from here The easier it's going to be for me to get through And run my opponent down, okay? If my opponent's got good reactions And he gets that leg back and away from us It's going to be easy to pull him back in And start bringing him down to front head locks And working for our takedowns there So all these things work together in unison They create situations where the takedowns aren't quite so scary Like, what do you fear most in a takedown from you position? I think I speak for a lot of people When I say it's getting caught in a submission hold And getting caught underneath his bodyweight Nothing is worse than coming through on a takedown Getting caught underneath the guy He gets his legs back, we get extended And you're carrying your opponent's bodyweight In these horrible extended positions And that's just a nightmare Yeah, that drains the energy, it's like a fire You get hit two or three times like this And then you just don't even want to shoot anymore You almost give up You see that on MMA all the time They try to shoot once, twice You give up And then grappling, same thing And then you throw in a submission hold You almost get caught in the guillotine You barely get out And now, do you really think you're going to shoot again? No, you're not So we generally prefer takedowns Where if it all goes to hell And it doesn't

work at all If I miss my knee part this week Nothing bad happens And it will often lead into other forms of takedown We can go in and work And so these are the takedowns we generally favor Again, we're trying to avoid situations Where you just get caught underneath your training partner's body weight We also have a simple philosophy That whenever we work with double legs Whenever possible, we're looking to lock our hands You can't always lock your hands Your opponent gets his legs back and away You can't always do it But whenever you can When you get to a good lock When you feel the weight of our training partner sprawl From here, with locked hands Locked hands are many times stronger than unlocked hands And you're always going to be able to get through Into positions where you'll challenge your opponent And put him down much more easily Than you will without locked hands So we put a heavy emphasis on getting through locked hands We put a heavy emphasis In situations where we feel the legs are going back Say single leg for example On building up to our training partner's waist And getting away from situations Where you get caught underneath his body weight This has been like me We're always trying to get away We'd rather go and build up to our opponent's waist By not carrying body weight And these are the major themes And then last part, just foot sweeps Yes, and foot sweeps You never really put yourself In a position where they completely screw up You've got right foot forward slicing him We come out and we're working Neutral position just like so In a good yashi harai If I spring towards my training partner And unweight my training partner's foot It's very very hard for him to get any power If it doesn't work, nothing bad happens Nothing bad happens You're not caught underneath his body weight But when it does work When it does work And we come in on a training partner It's very very hard for him To knock down And you often get easy scores out of this Even when they don't work You will often find There's people going to step out That will create a situation Where you can often Reverse his off-balancing So we often make use of foot sweeps As a preliminary means of attack Even more than the techniques I love how we structure everything Because many times We see people teaching Jiu-jitsu takedowns or whatever it is And they just show Do this, do that And there's no structure It's hard to Imagine if we did that In any other area of jiu-jitsu Imagine for example That's what most people do Here's a triangle Just do it No one would ever submit anyone Because now it's kind of clear to me If it's hand fighting There's three things you should do If you think about takedowns There are four things And then there's almost like a bonus Which is like the foot sweep That you can try anytime you want Oh that was good Really what I do is I coach a holistic approach in sport Where it's never enough Just to know a technique You have to embed every technique In a context The integration that you're talking about When you have a context That everyone works in And a fairly simple Coherent game plan Where one aspect of the game plan Fails The other aspects will come in And cover it So you get success This is where you start to have success In competition and in sparring No, that was awesome So guys This is the new series from John Feet to Ground This is the first part of the series Which is going to be all about takedowns And it's going to be at bgjfanatics.com Very soon Maybe by the time you're watching It's already there So make sure to check that out It's a complete course about takedowns No gi First time that John is ever doing that And I think we're going to change Change it No gi Takedown game John Thank you Good to see you Thanks Good to see you Thank you Thank you Thank you Thank you Please help me out to grow my YouTube channel Just click subscribe And to watch more videos Just click under See more videos I hope you enjoyed