

Now, we're looking at what's going to make you an effective ankle picker in a pretty short period of time. One of the most important things you can develop is the ability to create a drive leg. Now, ask yourself, what the hell is a drive leg? You will notice when we have an opponent in front of us and we create a shot hand and a shot leg, you will see that my leg behind me becomes extended out along the floor. I'll switch positions to you, fella. So that I have my shot side, shot leg, shot hand, and then you'll notice I have a drive leg behind me. That pushes me off the mat and creates drive. Okay? Guys, any time you're going to push something in life, in general, you always need a drive leg behind you. If someone asks me to push into a wall and I walk up to the wall and push like this, I just push myself backwards. If I want to push something, I need a leg behind me, and this becomes my drive leg, and now I can push effectively. If I have no drive leg when I push, I just move myself. Okay? Takedowns are no exception. When I go in on a training partner, if I come down to two knees, I have no drive leg behind me. Now, if Giancarlo just puts up resistance, I have no ability to drive. I have no ability to stand up or move on from here. I'm stuck. So what I need is a shot side and a drive leg. That creates a situation where I can drive through my opponent. As you hit the drive, you will notice there is extension, and the leg drives off the floor and puts the head in a position where we can go through and score. Now, you need to do two things, not one. You need to be able to create the drive leg and then hit a subsequent knee slide. This is very, very important, so I'm going to say it again. You've got to be able to create a drive leg, and then that drive leg will turn into a knee slide. So that you do not overextend yourself. So we have a training partner here in front of us. We get to our grip. I come down. I hit the initial pick. I have my drive leg behind me. Now, watch my right leg. I don't just try to pick from here and pull. You might take some people down with this if they're less experienced, but you're not going to take down a stud. When you're going against someone who's good, I must now take my drive leg and knee slide it forward. So we switch knees and create a shelf. So when he tries to stand up from here and get me scoring points, it's a difficult thing. So there is an internal pattern with your ankle picks, where we have our shot side, shot hand and leg, and then a drive leg behind us. So we can drive into the takedown. That becomes a knee slide, so that we can create a situation where we're upright and ready to pursue our opponent at the completion of the takedown. Nothing more depressing than knocking someone down to their ass and then them getting up and you're not scoring any points. Maybe scoring an advantage, but no points. Okay, you see this all the time. Guy's been studying his ankle picks. He's got some competency. He comes in and knocks his opponent down to his ass, okay, but stops. He posts on the shoulder, yanks himself back up from his feet, and you're like, oh, man. Okay, you scored an advantage, but you didn't score points, okay, because you got up and recovered. It's not enough to knock him down to his ass. You got to knock him down to his ass and get on top of him, and that means you've got about a knee slide. So when we come in on our training partner and I come in, I make my contact, as I knock him down to his ass, I knee slide. So I'm close to him. Now we put our leg up. You are now halfway to standing. If Giancarlo goes to get up from here, it's damned awkward. Basically what he has to do is throw his leg over me and come up like so, and that's going to put him into a situation where you're in a good position now to finish by other means. Okay, we'll look at that further on in the video. So the pattern, which you must have dealt, is one of shot hand, shot leg, boom, to the ankle. Drive leg behind you, pushing, and drive leg becomes knee slide so we can come up and put our man down and control the aftermath of the takedown. So it would look like this. We come out towards our man, we get our grip, I go in, I make my initial contact, I knee slide in. Okay? Then from here, we control the aftermath of the takedown. He goes to stand up on us, we're right over the top, and we score our takedown points. We keep him down long enough to score our two points. There's a second reason why the knee slide is so important. There's nothing more depressing than doing a good move and getting punished for it. And that can happen if you're naive with an ankle pick. Let's say Gene Cowan, he's a legit world champion, he's a stud. If I'm

naive and I put him down with an ankle pick, he can arm lock me, okay, but if I overextend myself. If I come in and I hit a nice ankle pick and I come into his guard, boom, done. I scored two points and got finished, okay, that's kind of embarrassing. By knee sliding, we make that danger significantly less, okay, because when I knee slide, I can pull my hand back. My power hand comes back to myself. Don't finish ankle picks in extension. You're going to get arm locked, omoplated, triangled, all these things you don't want, okay? Just to slide down a bit. If I finish in positions like this, it's easy for Gene Cowan to go omoplata. Now my takedown scores no points because I went into a submission hold, and if I'm in a submission hold, there's no points scored. There's an easy triangle here, and of course, there's an easy arm lock, as we just saw. So you've got to be careful with this. Once you put him down, you've got to start retracting your arm, or you're going to face submission problems. So when we come in, of course, this is not part of wrestling. In wrestling, you could just hold onto the collar, no problem, but in jiu-jitsu, this is a serious issue. So we come in on our training partner. When I come in and I make my first drive, when I knee slide, my body stays upright. If I don't knee slide, my body gets extended, and that's when arm bars, triangles, et cetera, et cetera, become a real problem. You cannot finish an ankle pick in jiu-jitsu in an extended state. You will get punished with submission holds, okay? And as I said, nothing more depressing than hitting a nice little takedown and getting finished in the first three seconds of the match when you thought you'd done something good, okay? So our enemy is the idea of coming in, making an attack, and getting overextended with our power rather than getting finished or submitted on the arm, okay? So the way we take this danger away is we go in on our man, we make that initial contact, and I knee slide, and withdraw my hand. So we prevent the problem of overextension. Now, because I'm upright, when we get into a scramble to get up in top position, you're going to win the scramble every time because you get a height advantage, and you're going to score your points, okay? So what do we need in summary? You've got to be able to create a drive leg, and then you've got to be able to use that drive leg to knee slide to create situations where you dominate the end of the takedown, and you don't get overextended and finished. So one more time. We come out towards our training partner. From here, I come in and I make an initial grip, knee slide, and there's our takedown. We're in good position to go.