

We're looking at the golden rules of takedowns that apply well to self-defense context. Here's one for you that people often overlook, but actually turns out to be pretty damn important in many, not all, but many situations in which you have to apply your jiu-jitsu skills in a self-defense context. I always favor takedowns that can be employed in minimal amounts of space. Let's understand something, a substantial percentage of altercations where you have to apply jiu-jitsu skills occur in very cramped conditions. Many fights occur in crowded nightclubs. They occur in situations where multiple people are involved. Often these people are pressing in on the action, and so very often there's very limited amounts of space in order to apply these moves. Many of the favored takedowns that we use in sport jiu-jitsu require movement skills. You get grips on people, you move around, and you set up a throw, and you put them down. Many of them involve stepping patterns, which take up a certain amount of space. If you don't have space, you simply can't perform the move. Then you get into a self-defense situation where there's 10 people crowded around trying to get in on the action. There's always someone's crazy ex-girlfriend trying to push in and intervene. Most fight situations are kind of a disaster. Everyone wants to get involved. Everyone wants to be a part of the action. You have the guy's friends coming in. It's just a lot of people in a very small amount of space. Very often, some of the classical moves that we like a lot in the sport context become impossible to apply. For example, if we have two people involved in some kind of altercation, and let's say my job is to break these people up and employ some kind of control. As they press in on each other and I start intervening in situations like this, there's very little space. As he starts getting up in this guy's face, if I go, for example, for uchimata or tai toshi, there's just not room. He's in the way. I can't get anything working. Many of the classic takedowns under these circumstances become very difficult. This gets compounded when you have situations like walls. If I drive someone into a wall, this guy's here right in front of me, how am I going to employ uchimata or tai toshi under these circumstances? I come in close. I barely have the space to step in for a back step and throw. One thing you can always do in these situations, no matter how cramped and claustrophobic the situation is big, you can always level change. We're in here close. It's always possible for me to get down to a leg. If I can get down to a leg, then it's easy for us to bring the leg up. Then from here, start putting people down, intervening, et cetera, et cetera. I always favor takedowns which can be employed no matter how close the action. We've got two people pressing in. It's always possible under these circumstances to go in and get to a leg. Once you put one person down, then you can do the other and do it. Now you have space. Now you can start employing your classic takedowns of space. So this is something which becomes important, not in every case, but in many cases. And it's just one more reason why I tend to favor the high single leg over most forms of the takedowns for street applications. Because of all the takedowns, it requires almost no space. You can employ it in the most cloistered of environments, from behind people, from in front of people, in circumstances where many other of the classic big upper body throws, you just couldn't apply. Now, let's look at the three takedowns which I believe are the best and most appropriate for self-defense scenarios. I'm sure you can guess what they are based upon things that we've said earlier in this video. The king of self-defense takedowns, in my opinion, is the high single leg. I don't care how big, how strong, and how wide through the waist your opponent is. One thing you can always get into is the high single leg. And I'm sure you can guess what they are based upon things that we've said earlier in this video. One thing you can always get is a situation where we can take a leg and bring it up like so. So that all of his weight is being carried by him, not you. It's not practical to be lifting people who are, you know, 300, 400 pounds with enormous waist. In a street fight, you don't know who you're going to be fighting, there's no weight divisions in a street fight. You end up fighting people you had no idea you were going to be fighting in your life. People who are 6'6", with a 48-inch waist, all kinds of crazy things happen, okay? One thing you can always get, no matter how big people are, is around their leg, okay? The beauty of the high single leg, we never go to a knee. You go without

going to a knee, okay? You're in a position where it's an easy transition, where it's hard for him to pitch you. He goes to hit me from here, you can always make his hands go down to the floor. He goes to get back up, and you can always make his hands touch the floor. He goes to get back up, from here, you can always make the hands touch the floor. You can always transition to a rear body lock. He goes to get up, from here, you can bring all the things we saw in a sport context, et cetera, et cetera. So it can get you behind your opponent, it can get him in situations where he can't punch you, and it can create situations where you can hit high amplitude takedowns and put people down and gauge how much amplitude you want to put on someone, okay? So it's the big daddy. Not only that, it's equally effective when you're in front of people or when you're behind someone. When I'm behind someone and they're very thick through the waist and I'm having a hard time locking my hands, one thing you can always do under these circumstances is bring the leg up, and from here, you're back on your single leg. So a high single leg is just as effective from the front and from the back. In both cases, it's a winning move, okay? Second great move for street fighting applications is an ankle block, taking the wall from here. Many of the rear takedowns we looked at in the video aren't really appropriate for street fighting. You wouldn't hit a drop tai otoshi on concrete. Reverse tai otoshi wouldn't do that. But an ankle block, it's very simple. From here, we've locked up with either locked hands or two hands on, and I block one ankle. I put the sole of my foot at the Achilles tendon, and then I just block, pull, and put him down to a hip, okay? Very simple and very effective. I step, block, step, block. Then I block, pull, and I pull him into the hole that I create. Now back up. If I didn't block, he could step back and avoid the move. I just hit the block for a second, and he goes down to a hip. If we go into a fight situation from here, you have a huge advantage. If he turns to face you, boom, okay? If he turns to get back up to his feet, you're in situations now where you've got his back, and you can make up your mind what you want to do. So the ankle block is a very practical way of taking someone down from a rear position where you've gotten behind someone. Let's say, for example, you've got an aggressive person in front of you, okay? He's got his hands up, motion, step, step. We hit, we drag, and get behind, okay? From here, we block, and now we're in a good position going near tap, okay? So that would be a practical way of getting to the back in a street situation. Third one, classic tai otoshi. From a situation where I draw my training partner in, classic tai otoshi is the perfect way to throw someone with authority without going down to the floor yourself, okay? I wouldn't pull that one out first because we've heard so many of this, but if the situation demands it, you've got to do what you've got to do. So those are my three favorite street fighting applications of jujitsu and grappling takedowns. Classic tai otoshi. If you want to throw someone hard without going down yourself, it's a good option. The ankle block when you're behind someone. Super simple, great low amplitude way of just putting an angry person down and calming the situation down. High single leg is the king. Why? Because you can totally control the level of violence you put on your opponent. If I have a leg up, you can be pretty gentle with this. You can just say, hey man, calm the fuck down, okay? If he starts putting hands on you, make his hands touch the floor. If he comes up, hands on the floor, okay? We have situations from here we can turn this into very high amplitude takedowns, okay? Many ways for us to go. And we saw another where from here we bring everything up to the level of our collarbones. And from here, you can really throw some amplitude on someone. So you turn it from a rather innocuous takedown. Let's say, for example, I roll his hands to the floor and I see this guy coming back up. He's got aggression. We come right back in and down we go from there, okay? In this case, it won't be a matter of concrete. So the high single leg also just as applicable when you're behind people, okay? When we're in here behind people and they have given us a hard time, things are getting out of control, it's not a difficult thing for us to step towards the opposite foot. Watch out, my right foot steps towards his. Put some overweight over the top and create the situation where you get this man fully under your control, okay? From situations like this, not a difficult thing for us to come forward. Can you partner at the

hip? Get behind the man. Put his hands on the floor, et cetera, et cetera, okay? So these are really practical ways for us to use jiu-jitsu takedowns in a self-defense situation. I'm not going to recommend to you jiu-jitsu 101, you know, let's bring our hips across in front, lift and throw. This is not really realistic, okay? A more realistic scenario is one where we're engaged in some kind of angle, we keep our hands in an inside position, close, find ourselves in situations where we can get legs up, hands down to the floor, he gets back up. From here, down against the mat, you're controlling people. This is what's going to be effective for you in a street fight situation. People always work just fine in a sports situation also, but they're particularly well adapted to fighting people in uncontrolled situations, on concrete, unfriendly environments, et cetera, et cetera.