

Now, an inside ankle pick is a very different kettle of fish, but has some important similarities also. In an inside ankle pick, again, I go forward, but my shot leg and my shot hand will be different. Again, I do put his head over his leg, and again, I do go all the way down to the bottom, not grabbing the pants or the calf muscle, but grabbing the Achilles tendon, and I pull in the same direction the toes are pointing to knock my man down. Also very, very effective. So right versus right. He comes out, gets grips. I go through, get my own grips. From here, we snap everything off, I start dancing. He goes to turn and face me. My second hand goes on. Now I go to expose his rear leg. I'm in perfect position now to shoot, reach, and catch all the way down by the heel, and as a result, we get a perfect pick down to the mat. So once again, right versus right. He goes in and makes grips. I go through, snap his grip off. Get my angle. Perfect position to drive everything through, bring his head over his foot, and pick for a nice finish. It's a beautiful, highly effective takedown. He goes through, snap, angle, commit, everything down to the floor. Same thing if we both have the same grip on each other, neutral grips, snap, circle, everything down to the floor, and kibisu geishi for the finish.