

skills. Now we know what our goal is in this first volume of the Feet to Floor Series is to take you as a developing student in Jiu-Jitsu and get you to a level within three to six months where you can confidently go out against someone your own size and skill level and start scoring points in the standing position. And our basic proposition is we want you to focus on a few fundamental takedowns in the standing position. And we're saying that the collar drag and the ankle pick are the two which we're going to give special study to, because these are the ones most likely to give you good results early on in your development and get your confidence up. Whenever we go to work with ankle picking, we need to understand there are two major forms of ankle pick, and you need to be good at both, okay? The first are the so-called outside ankle picks, if you just have a leg forward. From here, an outside ankle pick, as the name implies, my hand goes from the outside and catches the outside of my training partner's ankle, just like so, okay? This creates a situation where we can pull on the ankle, knee slide, and put our man down, okay? So that's the first form of ankle pick that you must master. There is a second form of ankle pick. This is the inside ankle pick, where he switches legs, for example, and from here my hand comes from the inside and picks here, at the inside of the ankle, and just like before, knee slide and put our man down to the mat, okay? You guys must become adept at the idea of picking on both sides. You will not be able to maximize your effectiveness with ankle picking if you only have outside ankle picks or inside ankle picks. You must be able to be effective with both. The good news is there's almost no change in your body's disposition as you attempt both. You reach to, okay? Now what you're going to need to develop this is what I scream in the gym every day, fast hands, okay? So we have a simple drill which I use to develop. So I have a training partner stand in front of me, just with one leg forward, and from here he takes a bent over posture, and without any hands on my training partner, I just have my students practice making a fast hand and getting to my training partner's heel, okay? You don't have to be the fastest guy in the world, but you should be able to reach out the same way a boxer reaches out with a jab, you should be able to reach with your attack hand and get to your training partner's foot. Make sure when you grip that your pinky is all the way down by the floor, don't be lazy and start grabbing deep hands, don't be grabbing calf muscles, okay? That's not good enough. You're losing effectiveness there. From a situation where we have hands on a training partner, we're going to make fast hand contact to our training partner like so, and he switches feet, and from here, same thing. We have a hand on our training partner, we get fast hands to our training partner's legs, he switches feet on me, and we demonstrate it, we get fast hands to our training partner's heel, he switches feet on me, and from here we get those fast hands, okay? Then we switch sides, okay? And from here, we put a hand on our training partner, we come all the way down to our training partner's heel, he switches stance, and just like before, we come out, and we get fast hands to the leg, and as a result, we can make good contact. So we're constantly developing our hands the same way a boxer has a fast jab to the face, we have fast hands to the heel, okay? Switch sides, and from here, we have fast hands to the heel. We switch sides, and from here, we have fast hands to the heel. We switch sides, and we have fast hands to the heel, okay? You have to be able to get your hands quickly, flicking out and catching at your training partner's heels, and from both inside and outside, and as you develop skills, and we're down in a jiggy-tie situation, you're gonna find you're gonna get to that heel very, very quickly in a very short period of time. Remember, guys, there's two ankle picks out there, there's more, but that's the first divergence that you're gonna have to understand, the first one you're gonna have to master. Don't half your effectiveness in the standing position by only having one kind of ankle pick. Get them both. It's easy to learn both. They're very similar to each other. Use them both to maximize your effectiveness and your development.