

Now, we're talking about the importance of rear takedowns in the sport of Jiu-Jitsu and how they score the same as front takedowns. Let's understand something right from the start. There is a special relationship between front takedowns and rear takedowns that becomes more and more important the higher you go in this sport. When you start at beginner level in Jiu-Jitsu, most people, when they get taken down, they just fall down to their back and they start working in open guard. So, if we hit a basic form of takedown, say, ouchi guard, okay, you're here with a trained partner, you're between a man, he comes right here, you attack, you pull him down. Most people at beginner level Jiu-Jitsu just say, hey, I got taken down, let me work from open guard, okay? And there's nothing wrong with that. If the match just started, it's only two points for a takedown, you might say to yourself, I'm better off just working from open guard and I'll come back and I'll win from there. As you get higher and higher in the sport, you're going to get to deal more and more with opponents who just don't accept takedowns. The reason for this is simple, because Jiu-Jitsu has a very unique rule structure. The only way you can score takedowns in Jiu-Jitsu is to hold and control your opponent for three seconds. Now, three seconds doesn't sound like a lot of time to most people, but as I'm sure you're all aware at this point, three seconds in a competitive combat sport is an eternity. That's a long, long time. And so what you're often going to find is we'll hit that same takedown in championship competition, and your opponent's going to be like, you got three seconds to hold me down, cowboy, and you're not going to do it. So we lock up. We turn, my team's running around the corner, we throw a kick, and he gets hit first, and he's up. So as we were tuned to the standing position, the most I score is an advantage. You did not score takedown points. You didn't hold him down for three seconds. Now that can be a very disappointing thing. You hit a nice takedown, and you had very little to show for it other than an advantage. The higher you go in the sport, the more you deal with this kind of thing, and you're going to find you hit any form of takedown, a double leg, for example. We come in here, my opponent goes through, and we go, we hit a nice double leg and put our leg down on the floor. And then once again, we find that horrible situation where they heist and get back up, and you got an advantage and nothing more than that. It's exactly in scenarios like this that rare takedowns start to become more and more important. This is exactly the situation where rare takedowns show their importance. As your opponent goes to get back up off the mat, they're going to expose their back and give you a chance to go into a rare body lock and get a second chance at taking your opponent down. Let's say one of the more common takedowns in this sport is a single leg takedown. We've got the opponent, we're working like so, and we come into a single leg situation. As we come up, I see him fighting, fighting, fighting. We successfully put the fellow down, but from here, he springs up to his feet. And now what have we got? We've got a situation where he's going behind our back, and we've got to a standing rare body lock. And it's from a situation like this that we can come down, solidify, break him down to a hip, hold him three seconds, and lo and behold, you've scored your takedown. Did you see what happened there, guys? You had a front takedown that began the action. Your opponent resisted your attempts to score using the three-second rule. He knew that three seconds is a long time, he'd get back up to his feet and prevent you from scoring anything more than an advantage. But in the scramble that ensued as he denied you the front takedown, he exposed his back. As he exposed the back, you got a second chance at a rear takedown, which is typically easier than the front takedown you started with. And then you did score. You had that second chance, and you got to the score and got to the win. This is the great relationship between front takedowns and rear takedowns. The more your opponent denies the front takedown using the three-second rule, the more he will expose his back and give you opportunities for a rear takedown. That's why you, as developing athletes, have to develop the rear takedown skill. Because the more your opponents fight your front takedowns and get back up to the feet, the more you're going to have to use these in competitive situations to get in there and score your takedown points.