

leg. One of the key concepts that I want you guys really working on with self-defense applications of the high single leg, and this is also good for grappling too, is what we call the instant off-balance. Most of the problems associated with the single leg in self-defense applications have to do with the idea that your opponent is not out of balance when you've captured the leg, and as a result he can move your head away and punch you, throw elbows, etc. That's where most of the problems come from. What I want you to practice is the idea that the moment you capture the leg, you get him out of balance, so that his only concern is remaining standing. Now, as I said to you earlier guys, when you fight people in self-defense situations, you have no idea what their skill level is. There's no telling. They might be a former high school wrestler. You're pretty unlucky if that happens, by the way. Or much more likely, they have no skills whatsoever, and they may be drunk or high when this is all going on. In these cases, just the act of off-balancing will usually knock your opponent down to the floor. If that happens, awesome. Your job is as easy as you thought it was going to be, but you can't rely on that because you just never know. Like I said, when I would fight people, I'd fight the full gamut of people who were hopeless. Like I literally have no idea why they ever got into fighting. What are you thinking, man? You have no skills whatsoever. And other people were tough as nails. Okay, there's no telling. So my whole thing is, get them out of balance. If they fall over, that's a bonus, but you can't rely on it. But the whole purpose of off-balancing is to shut down his ability to hit you while you're in the single leg situation, okay? So what I would do is, once we've established contact with someone, like so, and I come into the leg, I would practice the skill of off-balancing them to sicken and make contact, so they're hopping for their life, okay? And I would do a drill. I would do a drill where I would have people in front of me, we'd practice this outside before our shift began, and we would just practice making contact. As we go on to make contact, we just immediately get our man out of balance. And we just get that shift where you're working, so that we get the man more or less out of balance, right from the second we put contact on his stomach, and as we step in, he's out of balance. He's not even thinking about punching you. He's thinking about just not falling down, okay? Make a habit of that. When you can touch that man, you can get him out of balance. If you can do that, you're not going to take many punches when you apply the single leg.