

Let's look at our second golden rule of self-defense takedowns. This is the idea of you want to favor takedowns that make it difficult. It's not going to be impossible for your opponent, it's going to be difficult for your opponent to strike you before, during, and after the takedown you're employing. Many of the classic throws and takedowns of Jiu-Jitsu presuppose no striking. So for example, if I have an opponent's sleeve and lapel, like so, and we're playing in the standing position as we generate motion with a training partner, if this were a fight situation, Giancarlo Pasquale would be looking to turn this into a hockey fight, and he'd be punching over my head and causing all kinds of problems for me. So you're playing what you normally do in a Jiu-Jitsu scenario, and he's punching you in the face, and it's not pleasant. I come in for a Uchi-gari, and he throws the elbow in between, and you throw the elbow. And we come in, when we're trying to attack with Uchi-gari, you run right into an elbow. So any takedown which leaves you in front of your opponent for extended periods of time, grabbing clothing, etc., etc., makes you very vulnerable to getting hit as you're attempting the takedown. So in general, to begin with, we want to favor takedowns where you enter quickly and get into positions where you're hard to hit, and finish in situations where you don't get hurt. So typically, we'll start in close to our training partner's body, head in close like so. Now, in the beginning of many street fights, there's a whole art to this, the idea of sucker punching and gaining advantage before a fight begins. But one standard way of operating I like to use is the prayer stance, where I stand in front of a training partner in a slightly bladed stance, so I don't have an exposed groin. I never stand directly in front of people, so if he just shoves me, I'm going to fall backwards. I want to stand bladed with my weight over my lead leg, so that if my opponent goes into a rapid shove, I can keep my balance a little better. I want my hands in the inside position. So a non-threatening body language is this. If I stand in front of someone like this, it immediately tells them I want to fight. It's not a good look at people recording us from the outside as the fight begins. So I stand bladed to give slight protection to the groin, and if I get shoved, I can deal with it better than if I'm like this, where I just fall over. And if my hands are in the inside position, everything hunched over, this is close to a fight stance without looking like overt aggression. If you stand in front of people like this, you're escalating the cycle of violence. So I stand just like so. I never look at my opponent's eyes, I look at his collarbones, because the eyes can fake and set up sucker punches. I look at the collarbones because the collarbones never lie. Those will tell you which ways the shoulders are moving, which will tell you whether your opponent's going to throw with elbows, punches, whether they're going to be circular punches or linear punches or what have you. The eyes lie all the time, but the collarbones don't. So I stand, I keep my eyes in a non-confrontational position on my training partner's collarbones. I blade my stance, just like so, and I put my hands in a passive inside position. So when my opponent reaches to grab me, you'll always have the inside position, right from the start. If he goes to throw elbows, you have inside position. It's very easy for us to clinch and get in close to an opponent, where now from here we're relatively safe. From situations like so, if he goes to hit me, very, very difficult. If he goes to headbutt, difficult. If he goes to throw elbows, not easy. If he goes to take me down, not easy. You've got underhook control, and it's going to be relatively easy for you under these circumstances in various forms of ways that we'll be looking at later on in the video. So you're relatively well-protected. Similarly, in situations where we're getting confrontational, we take our basic prayer stance, like so. He goes to get a hold of you, from here, it's pretty simple for us to draw him on. We can find ourselves now in single leg situations. Now I don't want to stay here forever, okay, I've got two to take down safely, but now he's punching me in the face, okay, probably the uppercuts, okay? So I don't want to stay here for extended periods of time. We're always looking to get him out of balance and make him hop, and from here, we take the leg up high. Now you can still be punched from this position, but don't worry, we can finish safely by making him put his hands on the floor. There's no punching from this situation. There's a limited ability to kick, but if we run to the side, we now find ourselves in a much safer position to be in a

street fight, behind someone where you can always put his hands to the mat and make sure he's not punching you, okay? So always, we're looking to start with, if we're in an argument with someone, in a relatively safe bladed stance, it's non-confrontational, we're not engaging in eye contact with people and escalating the violence, we look at the collar bones. From here, we do our negotiations from this position, okay? You're ready for action, but you're not escalating things. If it gets physical, you're in a safe position. You can go to the waist for upper body throws. You can go to the legs and put people's hands on the mat and get behind them in a relatively short time frame. So again, we favor takedowns where, we're not going to say it's impossible for your opponent to hit you, but it's going to be difficult, they're not going to have a lot of time. And you're relatively safe from strikes before, during, and after the takedown. So that's the second golden rule of street applications of judicial takedowns.