

We've looked at some really interesting ways to score from the standing rear body lock with those rear takedowns, which I'm trying to push upon you as a really important skill of the jiu-jitsu standing game, which everyone seems to have ignored for 50 years. A lot of you might be looking at what we've seen so far, the reverse de-ashi-harae, the reverse soto, the reverse ko-uchi, and you might be saying to yourself, yeah, that's all cool and all, but I'm 50 years old with bad knees, and I only started jiu-jitsu two weeks ago, and this stuff looks pretty damn complicated. My feet aren't that coordinated, and I'm having a hard time using my feet in the way you're describing. So what should people like that be doing from the back? There's a really low-impact, low-skill takedown which can make a difference tomorrow from your standing rear body lock, and that's a reverse ankle pick. Now I'm enthusiastic about showing this move because we put a lot of time into the idea of ankle picks from the front in the first volume of the Feet to Four series, and one of my arguments was that the ankle pick is one of the easier takedowns for us to perform. Low risk, high reward in the standing position when we're facing our opponent, a good forward takedown. The good news is that the ankle pick is also a very good way of attacking when you're behind people, and it's a pretty low-skill move. It's even easier than a front ankle pick. So let's have a look at that now. If you're feeling the moves we've looked at so far are a little more advanced using your feet, this might be a good option for you. Okay, first, what is a reverse ankle pick? It's, as you've probably guessed, from a reverse body lock, typically what we do is we use a grip where we go here on our training partner's gi, and we use the low lapel cross, the cross low lapel. Okay? Guys, you're not trying to strangle anyone, so we're not coming up high here. We come in like so. Okay? And as we saw earlier, the beauty of this grip is it gives you a free hand. Now, for some takedowns, like Tani Itoshi, we typically grip here at the gi pants, at the knee. Okay? Make a strong body, buddy. But another excellent option is for us to come down and pick up an ankle. Okay? I can do this by stepping my foot just inside his foot and going from a standing position. Okay? Now, it's called a reverse ankle pick, but in truth, you're actually grabbing his shit, not his ankle. Okay? Don't grab the shin close to the knee. Grip all the way down here, right where the shoelaces meet the shin. If you're perhaps a little older or a little less athletic, you can do it here from the standing position. And all I do is I use, let's come close to the camera. I use my shoulder in my training partner's buttocks. Don't be up here on his lower back. You're never going to reach his ankle. I have to take my hand here and then slip my shoulder below the buttocks so that my ear is on the outside of the buttocks. Only now can I reach the ankle. Don't have your foot right in front of the ankle. It's going to get in the way. Have your foot inside his other ankle. And then I push forward with my shoulder and I force Giancarlo's hands to the mat. And they all do the same thing. They come down like this to their knees. Okay? Guys, there are a lot of details that I just gave you there. I'm going to demonstrate them again so you see exactly what you need. Okay. Coming close to the camera. First, the grip. When we're behind our opponent, I can't use a body lock for this one because I need a free hand. So our favorite grip for this one is to open up the jacket and grip in here with my hand right in front of the belly button. The beauty of this grip is that it lets my elbow control his far hip and it gives me a free hand. I normally start by gripping in here so that if my opponent reaches for a whizzer, it's very, very difficult. If I don't have this, he can reach back and put on a whizzer. So I normally start by pushing forward on the knee. He goes to reach for the whizzer, good luck. It's going to be tough. Now, the next big thing. I cannot do this takedown if my shoulder is on his belt or even worse, above his belt. Then I'll never reach his ankle down to reach, even if you're a long-armed fellow. Someone with short arms like me, no way. Okay. So our thing is I need to take my shoulder and slip it below the buttocks. You know you've done it right when your ear goes on his upper outside thigh. If your ear is on his lat muscle, it's not going to work, okay? Strong body jiu-jitsu. So from here, I step and I shoulder slip, like so. Now don't put your foot next to the foot you want to pick. Don't have your hand off. He reaches for a whizzer and now you're in trouble. Now he can throw you with uchimata, okay? That's kind of embarrassing. So from here, I

push inwards. He reaches back for the whizzer, good luck. Now I shoulder slip. Now from here, I step my foot to the opposite ankle and I come down, I grip, I pull between my legs, his foot to my knee, and at the same time, I shoulder push, like a strong, resistant body jiu-jitsu. You don't want to go down. He's going to go down first to his hands and then you're going to notice something interesting. They all go down to a knee as you're holding the ankle. As he recovers to a turtle position, we're going to take the opposite side, sitting up. We're going to take the opposite side of my anchor hand, that's my right arm, and we're going to throw the hook on the opposite side. There's going to be a disconnect between his elbow and his knee for half a second, and I throw my hook straight in, like so. Now, because I'm holding the opposite lapel, when we fall down to the mat, you're going to see the lapel saves me, holds me in place, so that from here, we can easily get the hook in and score our points. So once again, for all the people who are saying, hey, I like what you showed before, but I just started this game, maybe I'm not the most athletic guy, maybe I'm a little older and I'm having a hard time hitting those reverse de-ashi hiraes and kosoto, kojis, they look nice for other people, but it's not for me yet. Maybe later on down the line, but it's a little tough. This is a great alternative for you, and like all my favorite rear takedowns, it doesn't finish with a takedown per se, it finishes with something better, the rear mount position in a position that'll strangle people, and that's better than any takedown. So once again, all the little details, let's go further away from the canvas on you, Calum. Okay, we're going to start off, we come in here, and I want a free hand, so we take the lapel grip on our training partner. First things first, I never come to the side and give him a free wizard, and now it's more likely he'll throw me than I throw him. We take a hold of our training partner's gi pants, I stiff arm the gi pants, when he reaches back for the wizard, it's awfully difficult, I'm pulling in this direction. Now I shoulder slip, and I put my ear on his hip, I step to the opposite ankle, and I grip. He tries to hold his base, do everything you can to hold your base, Giancarlo, I push forward with my shoulder, and I pull his foot to my knee, and as a result, he goes down. I'm holding with my right hand, so my opposite left hook goes in, boom, and from here, I just fall. And when we fall, your opponent's gi gives you exactly what you want, and as a result, you fall down into a scoring position, and you score four points instead of two points. So one more time, I'm going to demonstrate this one facing away from the camera, so you get to see the shoulder slip. Okay, we're behind our training partner, standing rear body low, hand on the gi pants, strong base, now from here, look how I take my shoulder, and I slip everything down, just like so. Now, even when he tries to move away from me, it's a difficult thing, now I catch. When I put him down, watch my right shoulder, strong body, Giancarlo, I throw my right shoulder, and I pull the foot, and he goes straight down to the mat. Now, I pull on this side, and I throw my hook on the opposite side, and as a result, we end up behind our man, and in good position. So this is a really good way for people who are just starting out in the sport, people who are perhaps a little older, less flexible, or people who don't have good foot coordination, who find the foot sweeping actions a little more difficult, okay? For people like that, the reverse ankle pick is a fine, fine option, and like all my favorite takedowns from the bag, it tends to end more with a back take than it does a takedown, and that's magic. Why would you score two points when you can score four? Why would you be happy with a takedown when you could be strangling people instead? The whole idea of jiu-jitsu, the *raison d'être* of jiu-jitsu is to get to the mount and the rear mount. That's what it's all about, and this move is a shortcut to that, and the whole idea once you get to the rear mount is to start strangling people. This move gives you a great opportunity to do it. That's better than any takedown.