

Metadata: <https://www.youtube.com/watch?v=27k-rMgyX94>

So I break up my punch defense system into five ranges range number one is chest-to-chest So you're on the bottom the person is chest-to-chest their arms or elbows are usually hands and elbows are usually on the ground You're holding onto their head. You're over hooking their arm range one Range two is the most one of the most complex and the most options that the opponent has Range two is when you're on your back and the opponent is postured up So so you're laying on your back and the opponent is postured up now. Sometimes the legs are crossed Sometimes the legs are uncrossed Sometimes the opponent's driving in sometimes he's leaning back. But essentially the this is the position. This is the danger zone right here Position three is the most dangerous that is when the opponent is standing above you There is contact so I'm able to grab his feet I'm able to sometimes grab a hold of his hands. My feet can reach him. That is range three Range for the opponent is still standing above you. But now there is Disconnection now there is enough there is a little bit of space and now distance management Becomes a little bit more important distance management and the ability to possibly regain one of the previous ranges Range five is your safe is your safe zone Your safe zone is the opponent is disconnected, but not only are they disconnected they're disconnected and they have a little bit of distance To where it will allow you to get up