

Metadata: <https://www.youtube.com/watch?v=xq7A5X8pmbM>

Hello, everyone, and welcome back to the channel. Today, we're going to talk about why I think the knee pick is the best nogi takedown. So I received a comment referring me to check out DPS Breakdowns. So I went over there, and I checked out some of his videos. And he has a lot of content. And one of his more popular videos was on the knee pick. And he does a really good job of breaking it down. And I'll leave the link to his video in the description below. But basically, the gist of it is you start off by getting an underhook. Then you reach for the far knee. He talks about how you can grab anywhere from the knee, like down to the ankle, the ranges. But generally, you grab somewhere around the knee, and then you drive them over this leg to complete the takedown. The reason I think this is such a great takedown for nogi jujitsu is because of the position you end up in. Our goal when we're trying to pass someone's guard is to get to chest-to-chest with an underhook and a crossface. You always hear coaches yelling, underhook, crossface. But it's hard to get there. When they've got their knee shield in, they have their butterfly half guard, whatever type of system they're employing, it's hard to get past that and get to this chest-to-chest position with an underhook and a crossface. But that's exactly where you end up when you do this knee pick. So if we watch Gordon do it here, he gets his underhook. He grabs the far knee, and he drives him over this leg here. And they fall right into half guard. And Gordon is chest-to-chest with a crossface and an underhook. And he begins to pass from there. So if we compare this to the most popular takedown, the single leg, it's a great takedown. But a lot of times when you finish the takedown, you finish a single leg takedown, you end up in kind of an open guard scenario. And you're trying to pass their guard from here. Or you take the person down with the single leg, and they get right back up. You kind of end up in a battle there. But if we watch this again, Gordon gets the underhook, reaches for that far knee, drives him over, and ends up in a really dominant passing position right off the bat. So one, this knee pick is a fairly easy technique to learn. Two, you end up in a really dominant passing position right off the bat. And three, it's proven to work at the highest levels. Gordon's using it in ADCC. So I think it's a really good takedown for no-gi jujitsu, especially for those of us that are really trying to develop our wrestling. I think it's a really good place to start. So thank you guys for the support. And we'll see you next time.