

We're looking at Seoi Snap, a very practical form of takedown for jiu-jitsu purposes. Not a high amplitude throw, but a very simple one to perform for most people, and very effective for scoring two points in jiu-jitsu. We understand that amplitude is not a concern in jiu-jitsu. The smallest throws score the same as the biggest throws. The beauty of a Seoi Snap is that it doesn't generate much back explosion, so you're safer than you would be with a Seoi Nage. You may not get the same amplitude, and you're certainly not going to get the same lift and power. So it's not really good for scoring Ippons in a jiu-jitsu tournament, but it is good for scoring safe, easy takedowns in a jiu-jitsu tournament. Now, in the previous move, we looked at what is my favorite grip, and what I believe is the best grip for Seoi Snap, which is the cross grip. The reason I favor the cross grip so much is because it generates extreme control of one shoulder. Coming close to the camera, facing the camera. From here, what I want to do is take his shoulder to the mat, in particular, the right shoulder. So when I bring his weight onto his toes, and then from here I make a drop, I've got two hands on the near shoulder. And as a result, it's an easy breakdown to the floor. The only problem with this method, it's a little bit predictable. You get that cross grip, and your opponent kind of figures out, oh, Seoi Snap. So what they start doing is planting their lead foot. So we circle, he brings the right foot forward, and now when I try Seoi Snap, he's got a planted leg. One way to get around this is to use a straight lapel grip. The problem with straight lapel is you don't have such direct control of the shoulder you want. So it's a little bit more difficult, but on the other hand, it's a little less predictable. When we use this method, don't grip up high. You want to be able to use play in the gi. So I use a grip below the clavicle. Normally, we like high grips to control the head. Here we come down, and we use the play of the gi to push into the shoulder and pull forward. So from here, we come out, he goes right, I take the hand off. I bring the hand in, he goes to square up, I put my second hand on. Now he can get his grips on me, it means nothing. From here, I start the same rhythmical wave motion, where I dance away from my training partner, and I create a wave. Now off the wave, we bring him up, I take my right knee, and I drop to the floor, and everything goes down like chopping wood down to the floor. The idea is to chop from this position. It's not seoi nage. I'm not going underneath my opponent's body. We're going away from your opponent's body. The further out I am, the easier it becomes to drive the head and shoulder to the mat with a seoi snap. So once again, right versus right situation. I come in like so, I get my second grip, I whip it out. Now I start taking his foot and bringing his head in front of the line of his feet. Now we just drop and place the man down, and this is the seoi snap from sleep lapel.