

control. Let's start off with a piece of common sense wisdom, which will get you a long way in self-defense situations. Whenever you stand directly in front of people, you always stand directly in the path of all your best weapons. Okay? It's hard to control people in this position, and it's hard to deal with the offense they can generate from a position like this. When you stand in front of a person, you stand in front of all your best weapons, knees, headbutts, kicks, punches, et cetera, et cetera. That changes dramatically when you get behind people. The second you get behind people, the number of offensive weapons you have to deal with goes down dramatically. Okay? It's always, always, always safer to operate behind people than it is to operate in front of them. So anything you can do to quickly get behind your opponent in any self-defense situation is money in the bank.

When we go to start off self-defense scenarios, understand there are different scenarios we have to work with. Okay? Sometimes you'll have to operate in situations where you're squared off with an opponent, fighting from distance. And so in these situations, a self-defense scenario actually becomes quite close to a mixed martial arts scenario. That's a huge topic, but it's not what we're dealing with here today. Our subject matter in this particular video is limited to the idea of takedowns in self-defense scenarios. So we're going to look at the common self-defense scenario where people are at point blank range and involved in some kind of dispute. Okay? And many self-defense scenarios don't start with two people squared off. They start rather with two people arguing. And so hands are up, fingers are getting pointed, et cetera, et cetera. In these circumstances, arm drags are incredibly effective methods of just quickly and easily getting behind an opponent. Okay? Let's understand right from the start that there are various forms of arm drag. Some arm drags are only designed to expose my opponent's legs. Okay? So a drag where I expose my opponent's legs is one thing. My head is outside my opponent's arm. These are excellent forms of drags, for example, to go into my opponent's legs in a sport context. Okay? But when you want to get to your opponent's back, we generally favor head-to-the-inside arm drags. So instead of me having my head to the outside to expose legs, we're going to put our head to the inside to expose our opponent's far hip and get to a situation where you get behind the man. Okay? So if we have Jake Holland here, if I arm drag with my head to the outside, that does a fine job of exposing legs. Okay? But if I want to expose my opponent's back, my head will come to the inside, and I will drag Giancarlo's bicep to my neck. So it puts weight on my opponent. My whole thing is to chase the far hip. And then from here, we go in behind our man, and we're looking for this, the cross wrist, where I lock my opponent up and hold the cross wrist. It's not wrong to hold here. This is a good grip. But there is a danger of my opponent throwing elbows from this position and causing problems from the back. So in general, we favor the idea, whenever possible, of capturing cross wrist and bicep. So now, when I position my body in, there's no danger of any strikes. In addition, it becomes extremely easy under these circumstances to pull our opponent down to the ground. We get into situations where you now have a grounded opponent, and you are standing over them. Okay? Now, understand that this form of arm drag can be done in almost any situation where your opponent has hands in front of you. Sometimes your opponent's hands will be raised, like so. Raised hands have to be taken down. Okay? So we have to push down to the center line, lock, and find ourselves behind our opponent. If my opponent has hands down, then hands have to be gripped like so and brought to the center line. And just like before, we go in. I always implore you to take his bicep to your neck. So when he goes to pull away, there's an excellent connection to him. Then we just run through our training partner's far hip, and we find ourselves right there with that excellent grip, cross wrist, bicep. He goes to yank away from me, it's very, very difficult, and very easy for us to start pulling him down to the floor. If he grabs a wrist on me, regardless of how he grips, it's very easy to go into the same move. If he grabs a wrist, it's easy for us to go straight through. So whether he grips me or I grip him, it's a very easy way to go. There is one problem where your opponent grabs clothing. Okay? When your opponent grabs clothing, arm drags become a real problem. I'll deal with that later when we talk

about clothing grabs. But as long as your opponent isn't grabbing clothing, if he's got hands up, it's an easy thing for us under these circumstances to immediately go into a drag. If he grabs a wrist, it's an easy thing under these circumstances to immediately go into a drag. If he's got a situation where I grab a wrist, it's just as easy to go in. When he goes to straighten up and pull away, he will always end up surrendering cross wrist. If you can't get cross wrist, be satisfied with a body lock, and keep your ear close to his back. Don't start looking around the corner when he's got free arms, okay? From situations like this, we're always looking to disrupt his base, always looking to pull him out of balance and create situations where he gets his hands down to the mat, or in this case, over the concrete or the floor. I cannot overemphasize, guys. Whenever you can, make your life easier in any self-defense situation by getting behind your opponent. The faster you do it, the safer you'll be. You're going to quickly find that once you get behind an opponent, maneuvering them where you want them to go is so much easier. If I want my opponent to go out of a door, okay? You've got to stop me moving. It's an easy thing to take him out of balance and just run straight to a door, okay? If they won't move, they're locked in place, not moving and resisting and pushing back. That's so easy under these circumstances to lock and put them down to the floor, okay? Once you get behind a man, whether you have the arm or you don't have the arm, you pretty much own them, okay? It's an easy thing under these circumstances to force their hands to the mat, okay? It's an easy thing under these circumstances to lock and put weight on the hip and put them down to the floor. Let's have a look at that. Simple trick, you're behind someone, you don't have the arm, you weren't able to secure the arm, we lock into our training partner's hip, we come in palm to palm. My elbow slips down to the hip and I pull and buckle the hip and now you end up in situations right over the top of them. Guys, I cannot emphasize this enough. If you have the choice between being in front of people versus behind people in any self-defense situation, always, always, always get behind them. Life is so much easier when you're behind people than when you're in front of them. Use the arm drag as the favorite method. If you become familiar with using hands up, argument situations, you go into drags. Leave the head to the inside, okay, if he grabs you, that's a signal to go straight on in. The only time it won't be successful is when they grab clothing and we'll be dealing with that soon.