

Now, we're looking at the idea of self-defense takedowns, the golden rules, which I want you to keep in mind as you make your selections for the various takedowns that you favor for self-defense situations. Guys, I always favor takedowns that don't rely on clothing, okay? When we work in jiu-jitsu, there's the clothing that our opponent wears, which we always use to create takedown opportunities. The jiu-jitsu gi is literally designed to be the perfect instrument to enable us to control an opponent, okay? It offers optimal grips, which enable us to control a sleeve and a wrist. It gives grips, which enable us to control an elbow. It gives grips, which enable us to control a shoulder, like so, okay? It gives grips, which enable us to push and pull on an opponent and draw him around in various kinds of ways. It's literally the perfect mechanism to exert control through clothing. You will often hear people say, well, a lot of clothing mimics the gi, a denim jacket, a leather jacket, a suit jacket. No, they don't. Most suit jackets do not provide the same degree of control that a gi jacket does. The gi is purpose-designed, okay? Even a grip over the back on the gi gives a handful of grip, okay? A flap of cloth, head up, which enables me to pull an opponent around. You try and do this with a suit jacket. It's made out of sheen material. Your hand just slips off, okay? This lapel is perfect. It's like a rope. You go with a leather jacket, it has a giant flare. It's just not the same. You can't get a good grip on it, okay? A denim jacket can be pretty good. A military jacket can be pretty good. But even the idea of using, get in the stance, even the idea of using the sleeve, it's tricky in the street. You try to control a sleeve and he just yanks away and starts punching you in the face. There's too much distance between us. When I'm grabbing cloth, there's distance. Now I'm vulnerable to punches, elbows, all kinds of madness, okay? Now, if I do my job right and I'm getting people out of balance and moving around, sure, we can use clothing successfully. I'm going to give you this piece of advice. If you are going to use clothing for takedowns, favor the lapels over every other part of the clothing. Don't try to work here as we do in jiu-jitsu, okay? It's hard to take everyday clothing and control someone's arm like so. It's not really realistic. The gi works like a charm, but a suit jacket, a leather jacket, often these things are cut for fashion, not for practicality and gripping, okay? And trying to control this while he's hitting you with the other hand, it's a disaster, okay? So if you are going to use clothing, I'm going to recommend the most robust and easy to grip part of everyday clothing is always the lapels, okay? And if you are going to use clothing, favor the idea of using those lapels to run people through, et cetera, et cetera. Just focus on the lapels. But I'm not going to lie to you, even when my opponent's wearing clothing which could be used, a military jacket, a leather jacket, I don't even bother, okay? Most of the time in these situations, I just put hands on my opponent, I draw, and I get my body so close to his body that from here, we're in a position now we've got the main forms of takedown that we'd like to work with, okay? I can count on one hand in more than a decade of bouncing that I purposely used my opponent's clothing to affect the takedown, okay? Most of the time, the confrontations are at very close range, there's a lot of finger pointing and yelling and screaming. Most of the time, it's a matter of getting behind people like so. Most of the time, it was a matter of keeping my body in a position where I was so close to him that punching wasn't really an option. And at any given moment, he could come down, he could pick legs up and end up in a good attacking position, okay? So I'm not going to say you don't ever use clothing, I'm not going to say that. But if you are going to use clothing, favor the lapels over any other kind of grip, okay? Don't work with grips like this on everyday clothing, they often fail, okay? Street clothing isn't designed for the purpose of gripping, a gi jacket is, okay? The lapel is a little better, and sometimes with like a military jacket or a leather jacket, you can move people pretty well with a lapel, okay? You can start working, do the same takedowns you use in the dojo. But most of the time, you're better off just pulling people in and working with low-key grips even though he's wearing clothing, okay? Remember, you're not throwing a world champion, you're not taking down a world champion, you're taking down a guy who probably is physically tough, who's maybe been in a few balls before, but he's not a trained champion, okay? You don't have to use the most technical

takedowns to get them down to the floor. So that's my general word of advice. In general, favor takedowns that don't use the clothing at all. If you insist on using the clothing, favor the lapels over any other form of grip.