

Metadata: <https://www.youtube.com/watch?v=z4ooLe74j0I>

This next transition has been used by a number of athletes over the years, including our team. Henzo Gracie most recently hit the move as well during his fight. We refer to this as ashi-otoshi. As I perform the move, what I look to do is trip my training partner's legs up with my legs and end up in a cross-body ride transition as well. So I get into rear body lock situations on my training partner. My legs start stepping around the corner and frame into my training partner's far hamstring. As I do so, I begin the process of hopping and taking my training partner down towards his hip. Of course, from here I could do a normal back transition, but because I already have the one hook in, I just put my knee in the butt and I enter into my cross-body ride situation like so. Okay, let's look at this one more time. It's very important as this move becomes more and more popular that we do this move with safety. As I perform the move, if I do the move and sit on my training partner's knee, there's a good chance I blow out my training partner's leg the same way I could if I jumped in for a kanesami or flying guard pull. Any of these movements that start on the feet where you're sitting on knees, tai ni otoshi, all devastating and very dangerous. So if you're going to do this move, if your instructor even allows you to do this move in the classroom, you must hop your body well in front of your opponent so that you don't just catastrophically destroy your training partner's knee. Okay, I put a leg in like so and instead of sitting, I take a series of hops in front. If I stay here, there's a good chance I sit on the knee. So hop, hop, hop. And because I'm well in front of my training partner, it's very difficult to injure my training partner's knee. Once again, we'll have transitions where I can attack my training partner's feet. We can go into twister transitions. We can take the back or let's apply a different look of a little hold today, all right, where I attack my training partner's arm. Okay, I'm going to plant my training partner's wrist in towards the floor and I'm going to cover that with my own wrist watch. Let's rotate so it's easier to see. Back down on the floor. So I hold onto the wrist and I go wrist watch to wrist watch. As my training partner tries to yank the arm free, it's difficult. I pull my hand into a transition where I can control my training partner's elbow like so. From this situation, it's very important that I keep pressure and weight on my training partner's wrist. If I start coming in to grab the elbow and there's no pressure and weight on the wrist, it's very easy for my training partner to pull free of the submission hold. So I get a hold of the elbow. I pull my opponent well in and I put weight down on the wrist. Try to free the arm. It's a difficult thing. I like to try to take my head and bring it over my training partner's elbow. From here, I lock in wrist to wrist and I break my training partner with the hammer lock like so. Worst case scenario, my training partner does manage to rotate his arm free and like we said, we always pass ourselves off right back into transitions where we can attack the back. you