

Metadata: <https://www.youtube.com/watch?v=6LIctALYODY>

Now, we're giving you guys a curriculum of upper body takedowns that require very little athleticism and which older or less athletic students can start to employ in their training. Here's another variation. We've seen that if we can get outside of our training partner's arms, okay, into situations where you get to the two-on-one, that's not a difficult thing to do no matter how unathletic you might be. We can convert to the arm drag and the lat muscle. As my training partner makes himself get into a strong athletic stance, we're always trying to pull this guy in. We attack the same way we did in the previous move with uke goshi. I turn and chop. This time, we feel for whatever reason we're not athletic enough to hustle this guy down to the mat. Okay? So instead, we're going to step in a second time and hustle, and we're just going to plant our foot right in behind his foot. Now I'm just going to reach down to his ankle, and I'm just going to push forward with my chest and just knock him straight down to the mat. This requires very little in terms of ability to balance on one foot. You're on two feet pretty much the whole time, and there's no need to turn in front of your opponent. So once again, as we start off on the feet, classic two-on-one, we come in, get the arm drag grip, we get a hold of the lat muscle, and then we hustle, hustle, hustle, just put our foot right in behind his ankle and knock this guy down to the floor. So once again, from another angle, we'll demonstrate with our backs to the camera, like so. We come in, classic two-on-one, converts to arm drag, gripping, we pull them in just a little. We attack with a simple uke goshi to get them out of balance, we step our foot in behind, and knock them down to the mat. Okay? A few more, just to give you a sense of what's happening here. We start off, training partner in front of us, locking up a classic two-on-one, coming down to the classic arm drag grip, walking this guy around the corner. We go in with uke goshi, step our foot in behind, and knock him down to the floor. Takes a kata, we take the arm on behind, work our way into that lat, grip the slacks out. Go in with uke goshi, and pick, down to the mat. A very simple and very effective move that even the least athletic people in the room can easily employ. Go to Beadaholique.com for all of your beading supply needs!