

We've looked at phase one, initially snagging our training partner's leg. Phase two, walking to the second leg and capturing the leg between our legs and getting into a solid position with his leg positioned between ours. Now, I'm not a big fan of holding this position for extended periods of time, okay? Not even in a grappling match and in a street fight, no fucking way, because your opponent can hit you with elbows and punches, okay? I'll cover that soon, don't worry, okay? But it's not ideal to stay in this position for any length of time. I'm also not a big fan of finishing the takedown from this position in a street fight. In grappling, no problem, okay? There's lots of good finishes from here. But what happens in a street fight is you're fighting guys that have never been taken down before, and when you go to take them down from this position, they literally panic and they just grab you. They grab your clothing, they grab around your neck, and you kind of both end up going down to the floor together. So if I hit a dump, for example, he just kind of body locks around my head, and now we both end up going down to the floor together, we get dragged down together. That's not what I wanted, okay? I want him to go down, but I don't want to go down with him. And the best way to ensure that that happens is to go to phase three, which is to take my training partner's leg up to this position, the high leg. Once we get to a high leg, now you have an excellent chance of putting him down without you going down also. And that's the ideal of self-defense takedowns, to favor takedowns where he goes to the floor and you don't, okay? From here, for example, a simple one, I would often put my hand over the top, and as I would step across in front of my training partner, I would put downward pressure and rotate the knee outwards. Don't grab the knee, grab just above it, otherwise you're going to hurt your buddy in training. Obviously, you know, three, five, don't worry about that. I step across, I step back, and I put him down, okay, puts you in an excellent position. So our whole thing is to transfer from here to here, okay? When you go in this position, don't have your head forward and your hips back. A strong guy, just kick out, turn and kick, just kicks out, okay? Make sure when you're in this position, by the way, if he's got street shoes on, it's almost impossible to kick out. That's one thing where takedowns are a lot easier when you've got street shoes on, okay? It's good. Your whole thing is confident with your hips, okay? Bring your hips forward, he has no ability to kick you in the groin because he's on one leg, okay? And keep him moving. If I go static, they get bold, they start throwing punches at your face, okay? And an athletic guy can do that, especially if he's taller than you. So under these circumstances, I always get them moving. I can talk to him as we move, show him how to do this, and then from here, just run them where they want to go. At any given time, if I want them to just go down to the floor, I just put them down to the mat. Sorry, I keep saying that, the floor. You also have the option, with high single leg, of high amplitude takedowns, okay? If you want to prove a point to this guy, and maybe he's belted you in the nose a couple of times, you're getting pissed off, and people are getting antsy, it's a melee fight, and people are getting crazy over here, and you've got to put him down and let him know you're serious. Then from here, we use a crow step, where I step in towards my training partner, and I bring his leg up, like so. So my hand action is like so. Then I just crow step in, and we put him down. Now I go and deal with these guys, okay? He on the other hand is like, oh shit, that hurt. And now he's thinking, do I want to continue fighting or not, okay? So we have this position here, you can put him down low amplitude, you've made your point. Or, if the situation demands it, you can put him down high amplitude, where from here I move in towards my training partner, like so, step, step. My hands come in to work, and it's not a pleasant force, okay? So that's how we favor the high leg position. Now let me tell you how you make that transfer. From here, if I just grab like this, an athletic guy yanks his leg free, and he's gone, okay? When we make the transfer, we use chest pressure here. I go elbow deep, head in, and I lower my level, and I step towards the second foot. He goes to kick out, no way. I come down to the ankle, and I bring it up high, and get him walking, okay? Don't let it go static. So once we make our first move, I go in, I bring the leg in, look how I'm chest pressure down. So that it's easy for me to come down to the foot. If there's space, that's when they kick out.

When there's chest pressure, all the weight goes on the heels, and again I'm walking, head's forward, shoulders back. Now you can make your mind up what you want to do, okay? One of my favorite things to do is to go side on, like so, okay? From here, I would have the threat of the rear hand, and you come over the top, okay? Because your body's bladed now. He goes to hit me, I keep my head below his leg. At any given time, you can come back. At any given time, you can put him down on the floor, okay? So that was one thing I used to do a lot. So this is how we transfer into phase three, and go into the preferred position, the high