

Now, one of the best ways for us to score is out of a cross grip. My opponent comes in, gets his grip. I go through, I get my own grip. I go in, I secure a cross grip on my training partner, pop his grip off. Now from here, I step and switch, and as a result, we're in perfect position to come straight down to the same position we saw earlier, and come down and put my opponent down to the floor, okay? So once again, cross gripping this time. He comes out right. I come through, secure my grip. I come up, take a cross grip. I snap his grip off. Now from here, I pull and switch my stance. Body switches, we're in perfect position to go. My foot is replaced by my knee, and as a result, it's an easy thing for us to bring our two knees together and come up into a score. One more time. Right versus right, cuff grip, cross grip, snap his grip off, move, pull. From here, catch, pull in the direction your toes are pointing, and down to the mat we go. Very, very effective way of operating.