

Now, we're going to go into a section where we look at the idea of takedowns for self-defense in Jiu Jitsu. Of course, the primary purpose of the Feet to Floor series is to give you takedowns for the sport of Jiu Jitsu. But there's probably many of you who are interested in an instructional video on takedowns who thought that, well, my primary interest in takedowns is actually for self-defense. And there's a lot of good reasons why this might be the case. In Jiu Jitsu, in the sport of Jiu Jitsu, takedowns are a choice. You can be a world champion in Jiu Jitsu without knowing a single takedown. It's not easy, but you can do it. There's plenty of people who just come out, sit the guard, and they're very successful in the sport. So in the sport of Jiu Jitsu, takedowns are a choice. You can do them or you can not do them. It's up to you. But in self-defense situations and street fighting situations, for a Jiu Jitsu player to impose a Jiu Jitsu game upon an opponent, takedowns are not a choice. They are absolutely essential. Jiu Jitsu in its major form, the one that most people understand it, is a four-step system. And step number one of that system is take your opponent to the ground. In general, control over an opponent is much easier to achieve on the floor than it is in a standing position. As a result, many of you might be saying, well, I bought this video on takedowns, and I was kind of hoping to learn how to take someone down in a street fight because when I do the sport of Jiu Jitsu, I just pull guard, but I would like to know how to take someone down and use my Jiu Jitsu in a self-defense situation. And most of the takedowns we've looked at were pretty much applicable to a sport situation where you're on mats, there's a referee, there's rules, et cetera, et cetera. And so it's natural that you might be asking, okay, well, show me something for a self-defense situation. How do I put someone down where it's not a sport tournament at all, it's out on the street in the open, and I've got to defend myself? That's what we're going to look at now. Let's start off just with a simple acknowledgment that should start any discussion of self-defense. This is the idea of knowing your limits. I've done Jiu Jitsu for a long time and applied the methodology of Jiu Jitsu for well over a decade, working as a bouncer in various nightclubs and bars around New York City. So I had many, many practical applications of Jiu Jitsu. In fact, the whole reason I started the study of Jiu Jitsu had nothing to do with sport. It had to do with my, I would say, career, my job as a bouncer working in New York City, and I wanted to be able to handle the difficult situations I was often put in more easily. That was my whole motivation to begin the study of Jiu Jitsu. But let's start off right from the start. I've done Jiu Jitsu a long time. I've had many years applying it, but that doesn't make me blind to the fact that we all, myself, everyone else who does Jiu Jitsu, no matter how long you study Jiu Jitsu, have your limits. If I get hit in the back of the head by a brick, I fall down and die, just like everybody else. If I take a blade between my ribs, I bleed out and die, just like everybody else. If I get swarmed by three opponents who are aggressive and have bad intentions, I get my ass kicked, just like everybody else. Studying Jiu Jitsu doesn't make you into some kind of superhero. It doesn't make you immune to the blows and attacks of people who outnumber you or have some kind of weapons advantage over you. It's an amazing method of controlling and defeating people in one-on-one encounters and of protecting yourself in situations where you're outnumbered. I'm not going to say you're going to win those confrontations, but you can at least protect yourself to a far greater degree than you could if you didn't have those skills. But guys, start off just by acknowledging your limits. I can teach you takedowns, and I promise you, in most situations where there's no weapons and it's one-on-one, you will be pretty damn effective against 99.9% of the human population if you use these. But please understand that this isn't going to ... It's not like a Hollywood movie. It's not going to create a situation where you can effortlessly take on people twice your size, powerful, aggressive people, and effortlessly put them down and walk away with not so much as a scratch. Even when you fight people who are unskilled, things get ugly. You get hurt. You fall on concrete. You get banged up. It's fighting some nasty business. It's not like fighting with your buddies in the gym in the dojo. And things can get very dark very quickly in certain situations that you didn't anticipate. So please go into the study of

self-defense with this kind of general humility in mind. We can show you things that will help you a lot, but please acknowledge from the start this isn't going to change the fundamental fact of human frailty. If you're outnumbered, your opponent has weapons, things can get very, very nasty very quickly. So let's get that down right from the start. Now with that little proviso in mind, let's go forward into our study.