

Okay, we want you guys being effective with your ankle picks in a fairly short period of time. Here's something that's going to help you out a lot. Whenever I'm coaching people ankle picking for jiu-jitsu, probably one of the most common problems that arises is people tend to use their shorthand in a lateral fashion instead of a linear fashion, okay? I'm sure you guys have all seen natural geographic movies of bears fishing for salmon in a stream. What do they do? They swing with their paws and try and get a hold of a salmon and throw it out onto the riverbank. A lot of people, unfortunately, treat their ankle picks in a similar fashion. So what we often see is people go in for an ankle pick and they swing from the outside and they miss, okay? Why? When I go lateral with my hand, I'm trying to catch the outside of the foot. If I miss by even an inch and he steps back, I miss. And you see frustrated students like bears fishing for salmon and coming up disappointed, okay? If I go linear and my hand goes behind him, when he steps back, he runs into my hand. When I go lateral and miss, there's no second chance, okay? Throw your shorthand like a jab, boom. So it goes into it. Don't throw your shorthand like a hook and miss, okay? I don't know how many times over 30 years of coaching, I've seen things like this. You have fast feet, do you, Colin? Guys do a good job securing the ankle hand. They come in and that's what you see. Now I can't even reshoot for the second ankle because my hand's over here somewhere, okay? When you go linear and he misses, you go across to the other side very easily, okay? So make sure, guys, you hit your shorthand in a linear fashion like a jab, never like a hook. So when we go in on a training partner, I go through and I make my catch, okay? As opposed to guys coming in and nothing, not even a reshoot. But if I go linear, the reshoot is very easy, okay? So remember, guys, that shorthand goes in straight lines, not lateral.