

Now, we're looking at snapdowns. These are of particular interest to us as jiu-jitsu players because they're the first takedown we're looking at, which takes my opponent in a forwards direction. All the takedowns we looked at previously were takedowns to the back, where I came in on my opponent and I took him backwards. Now we're looking at the idea of taking an opponent in a forwards direction. This is a takedown, a snapdown, which wouldn't even score in jiu-jitsu, and most variations of it wouldn't even score in ensemble. It can score in wrestling, but the grips are completely different. So this is kind of unique to jiu-jitsu in terms of a scoring technique. Let's look now at the kenki-otsu situation. So far we've been looking at ai-otsu, and we saw the idea of moving an opponent and getting his head in front of his toe line. If the head's in front of the toe line, we can create situations where I can bring the head forward and off-balance my training partner to his hands and knees. And that scores in jiu-jitsu just as well as the takedown that puts him on his back. Now let's look at the kenki-otsu situation. From here, I'm going to go in on my training partner, and I'm going to cross grip. I take my hand, cross grip, put in my power hand. I don't care if he grabs my sleeve, that's not really relevant. That's not going to change things. Now from here, we're going to hit a half tai-otoshi. What is a half tai-otoshi? Well, a normal tai-otoshi is a situation, face the camera, where I bring my leg across in front of my training partner's two legs. So this is tai-otoshi. A half tai-otoshi is where I bring one leg in front of his, and I just destabilize using one leg, and I put all of his weight onto one leg. It's much easier than a regular tai-otoshi. From here, he comes in with kenki-otsu. I come and I get two hands on. He's probably going to grab your sleeve, that's normal. From here, I start pulling his head in front of his toe line. Now all we're going to do is just step back. Off the back step, we hit a half tai-otoshi and put his hands down on the floor. Now we cover, I go around behind him, and cover the heads. If I can keep his two knees on the floor, sorry, one knee on the floor for three seconds, I score. If not, I'll put my hooks in and double my score. So once again, kenki-otsu situation. We're hand fighting, I come in, I double up. From the double up, I come in, one, two. I step so that our three feet form a straight line. Three feet in a straight line, I come in and half tai-otoshi. Once again, I get the head moving forwards, head moves forwards, while the leg comes back. The action on the leg is extension, squat, facing the camera. I put my leg inside his, and I just straighten my leg, and it pops him up. It's not uchi-mata. I'm not lifting the leg. I just come in and put him down. So once again, kenki-otsu situation. From here, two hands on. Now from here, I bring the head forward. I don't care if he grabs me or not, even if he grabs my back, it's irrelevant. Now I just come in on my training partner, I put his hands on the floor, and cover the heads. Now I'm in perfect position to get out score on the back. Very useful way, snapping an opponent's hands down to the mat, and getting your score from the back.