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Okay you guys, I'm here today with John Danner and Hugh Jonah for me as always and John Carlos and guys today John is gonna show us here like the complete skills for the jiu-jitsu standing game and we are shooting here the volume 3 of the Feet to Floor which is the last volume right John? Yes. Of this amazing series that he's doing all about the standing game for jiu-jitsu and it's coming out really really good so today we're gonna see here all about the complete skills that the jiu-jitsu fighters should have in the standing game. Can you explain it a little more John? Yes, sure. I've always said that the two most obvious weaknesses with the sport of jiu-jitsu were always historically leg locks and standing game. Jiu-jitsu has made incredible progress over the last decade with leg locks. I no longer believe that's a weakness in our game but there's still a lot of work to be done in the standing position and I believe part of the reason, it's a complex story, but part of the reason why jiu-jitsu struggles in the standing position is because people have a very incomplete idea of what it would be, what it would mean to have a standing game in the sport of jiu-jitsu. When you ask the average person, hey man, get some skills in the standing position, what are they going to say? Learn some takedowns, okay? But there's so much more to the standing position than just learning a few random takedowns. It's a complete part of the game that needs, just like leg locking, needed to be revamped from the ground up and built up to become something serious, so too with the standing situation. Let's run through this putting it in the context of the three parts to the Feet to Floor series. In the first volume of Feet to Floor we focused on what we call preliminary skills, the skills that if you don't have, none of the other standing skills are going to work. So for example, you'll see guys come out and say, okay, learn a takedown. Well, you're not going to throw anyone with any form of takedown until you learn how to make effective grips, stand in an effective stance, generate motion in the standing position, get to a strong throwing position, exhibit strong gripping skills, etc. So we looked in Volume 1 at the idea of gripping strategies where we got to grips where we had a greater degree of control over our opponent than he had over us. And as a result, in situations like this, now with me having stronger grips on him than he has on me, we're in a position where we can start going through and knocking people down to the floor, as opposed to situations where we have the same grip on each other, where he has just as good of a chance of throwing me as I have of throwing him. So that was our first skill, these preliminary skills. We covered that in Volume 1. We also looked at the idea that most people associate with the standing position. These are so-called front takedowns. In Jiu-Jitsu, we have to make a distinction between takedowns that we perform when we're in front of people, versus takedowns that we perform when we're behind people. In other gripping styles, such as Judo, takedowns done from behind people aren't even part of the curriculum. They don't even score, because you have to throw people on their back. But in Jiu-Jitsu, you get the same score for front takedowns and back takedowns. Our students have to learn both. So in front takedowns, that's any takedown where we're standing directly in front of people, and the basic division would be between takedowns where we knock someone backwards or throw them forwards. So for example, Ko-uchi-gari would be a good example of a front takedown where I come down and drive them down in a backwards direction. Sei-nage would be a good example of a takedown where we go operating from the situation where I throw to the front and drive our man down to the floor. And those would be good examples of throwing someone forward with Sei-nage and knocking them backwards with Ko-uchi. Now, when we're behind people, we could for example work with reverse Diashi-Hirai. We get a man moving in a situation where we knock him down with Diashi from the back. So those would be examples of takedowns before we're behind people. So those are the first three skills that we have to work with. We covered these in Volume 1 of Feet to Floor. As we got into Volume 2, we started to look at front takedowns that are unusually well suited to the sport of Jiu-Jitsu. We put our primary focus on takedowns that involve the use of our feet to knock people down. So for example, we worked the idea of Hosodo-gari, of

O-uchi-gari, of Ko-uchi-gari, and of Hosodo-gari, to knock someone down like so. We also looked at some of the finest takedowns that involve sacrificing our body to the floor, like To-Moi-Nage, where I come in like Jimmy Butler and knock him down like so. Now, that was Volume 1 and Volume 2. Now things get really interesting with Volume 3, because that's where we start to look at skills that are truly unique to the sport of Jiu-Jitsu, that take you well outside of wrestling, Judo, etc. I'm very excited about this. I know that many of the unique standing skills of Jiu-Jitsu get a lot of flack. People identify guard-pulling as one of the most embarrassing parts of Jiu-Jitsu. They call it guard-pulling, it's such a cop-out. I don't see it that way at all. In Volume 3, we start to look at these unusual or unique skills of the sport of Jiu-Jitsu. Let's look, for example, at two skills which are often referred to as mat returns. Normally in a takedown, we start standing, and then we take the guy to the floor. But in Jiu-Jitsu, because there's so little referee intervention, normally once the match starts, there's very little in the way of referee intervention, compared with Judo and wrestling, there's a lot of mat returns, where your opponent goes to stand up, and you have to keep him back down on the floor. In other words, the takedown is initiated on the floor, rather than the standing position. You start floor, and then progress up, and put him back down. As opposed to a standing takedown, you both start on the standing situation. Now, mat returns are definitely part of the American style of wrestling, but only when you're behind people. In Jiu-Jitsu, you've got to be able to do mat returns when people are in front of you, operating in guard position. There's no guard position in wrestling, obviously. So, normally when people talk about mat returns, they'll talk about situations where we're here behind people, working like so. And Jiu-Jitsu players have to be confident in this idea of returning someone to the mat. If my training partner goes to stand up on me in situations like this, I have to be able to work effectively here. I should be able to, in these circumstances, be able to return my training partner straight down to the floor, and make sure that, having put him down, I can keep him down. It doesn't count for much in the sport of Jiu-Jitsu if I take someone down and he just keeps standing up on me. I want to be able to assert my ground game. So, mat returns in Jiu-Jitsu become very important, just as they do in the American styles of wrestling. That takedown will score zero in the sport of Judo, because you don't throw him. Yeah, I loved how you were covering this part, John. Because, as you just said, Judo, wrestling, they don't score from those positions. And we tend to learn Judo and wrestling from them, so it's completely different rules. It's why it's so important that Jiu-Jitsu players start to see that the standing game in Jiu-Jitsu is significantly different. It's for Jiu-Jitsu. Yes, there is some overlap with wrestling and Judo. We're the first ones to say that. And yes, I think it's a great thing to study these arts, but it has to be modified for the rules in which we work. Now, there's a whole category of mat returns that simply don't occur in wrestling and Jiu-Jitsu. There's a front mat return, where we have gone up on an open guard, for example. This position doesn't even exist in wrestling. This would be a disaster in wrestling. In situations like this, if he goes to stand up on me, I took him down, but I couldn't hold him down. I couldn't keep him on the floor. So in situations like this, we might work with collar and cuff, just like so. But as my man stands up, he finds himself in a situation where I control the head through the lapel and the extremities of the leg, like so. As I misdirect to my right and get him out of balance, he goes to compensate and comes up the other way. And we get a nice mat return from the front to put him down. A very simple skill, but a very important skill. So mat returns from both front and back, especially the front mat return, is very unique to the sport of Jiu-Jitsu. These are skills that people have to start learning. Now, the big one, guard pulls. Traditionally, guard pulls in Jiu-Jitsu tend to get taught as something of a desperation move. It's like, okay, I have no standing skills, so I'm going to pull guard. A big part of Volume 3 of Feet to Floor is to completely change our philosophy of pulling guard. To see pulling guard as an offensive move. Think about it this way. In Jiu-Jitsu, a takedown score is how much? Two points. How much is a guard sweep score? Two points. So if I can pull guard directly into a sweep, I get the same points I would get if I took him down. When most people

pull guard, it's done in a very passive kind of fashion. You'll see this all day. Zero chance of me scoring points on this guy. What if I change my approach? What if we work with a grip, like so? I pull my man in and I step directly into Ashi Garami. Off that Ashi Garami, he can get an action-reaction. I put him down, and we score. If the amount of time it took me to pull guard and sweep was pretty much the same amount of time as it would take someone down. In this way, you can look upon pulling guard as a means of scoring. An aggressive means of scoring, rather than a passive means of avoiding getting scored upon. Most people see guard pulling as just a means to avoid getting scored on. He's better at takedowns than I am. I'll pull guard so he doesn't score on me. As opposed to, let me go out, pull guard on this fella in a way where I score two points, the same way I would if I actually took him down. Another way we could operate instead of pulling directly into a sweep would be to pull to some form of advantage. If I pull guard in the usual fashion, there's no sense of advantage here. I'd pull him into a neutral position. There's good things he can do, there's good things I can do. But what if I took this guy completely out of balance, forced his hands to the mat, and took his hips far over my head? He would be in a situation where he couldn't initiate guard passing. I would have the advantage of an extended, out-of-position body. From that, we could go directly into scores. So for example, if we come out and establish grips with each other in here, if I take my man down and get him extended in this position, it's going to be pretty easy on this extended, vulnerable opponent to go into a whole host of moves where right from that initial guard pull, we pull him into such a vulnerable position that the sweeps come easy. We're going to teach a whole bunch of sweeps that come directly out of the guard pull. And once again, we're going to get a new generation of guard pullers who are going out and aggressively pulling guard and scoring from the guard pull, as opposed to just passively going out, making minimal contact, and pulling to a neutral position. So we're going to hopefully change people's approach to pulling guard, and change the philosophy of pulling guard as a means of avoiding getting scored on to a means of positively scoring on an opponent. I believe that could greatly change the standing game. I think it's great that you're doing that, because I think every time someone goes to purchase one takedown jiu-jitsu course, they expect that they will only learn takedowns. So you're also covering the entire pulling guard part, so that's great. Now, let's be honest, Bernardo. When you go into a competition in jiu-jitsu, for every time you see a takedown, you'll see a hundred guard pulls. I hear you. Way more guard pulls than takedowns. Or guard pulls of cowards, or this or that. The reality is, you go into a competition, that's what you're going to be dealing with. Especially for the lighter guys. Absolutely. You rarely see takedowns in the lightweight divisions. I would say about 80% of takedowns occur in 200 pounds and above. So it's very, very important that people be able to deal with this. Either because their opponents are doing it, or if they want to do it, use it as a means to score, rather than a way to avoid being scored upon. Let's make guard pulling an aggressive part of proactive point scoring jiu-jitsu, rather than just this negative way of avoiding contact. And you're also covering when they pull guard. Absolutely. Let's be honest, the most common scenario in the standing position in jiu-jitsu is the other guy pulls guard. If he comes out and establishes contact, and I just sit here, he pulls guard, and now we just play neutral, I've lost a golden opportunity to score. The truth is, when someone goes to pull guard on you, there's some vulnerability. Let's say, for example, he goes into a seated guard pull. As he goes into a seated guard pull, there's going to be many opportunities for us to use that initial lack of contact to immediately go in and go into an aggressive scoring situation. If he goes into a guard where he has two legs around him, if I can take my knee higher than his head, we're going to be in a situation where we go straight through our training partner's legs off the guard pull. There's golden opportunities in that flicking half second when someone goes to pull guard. We can use it to score. And so we get away from this lazy acceptance where he pulls guard and I just accept it. Now we're going to play the real game of jiu-jitsu. When they go to pull guard, there's separation between your bodies. There's so many opportunities. If he

goes to sit and I take a foot around the outside, I've just gained an advantage position on this guy. As he goes to scramble and bring the legs in, we're going to get so many opportunities to run through and get to a score. We've got to change our attitude to pulling guard. Instead of one of acceptance, let's see it as an opportunity to go out there and score. I fully believe that if we get people thinking about both pulling guard and countering guard pulls, that first standing part of the match can become a very exciting part of jiu-jitsu. Instead of that horrible, boring situation. Now let's talk a little bit about practicalities here too, fellas. You guys know very well from your competitive days, the mats in jiu-jitsu are pretty damn small. When a competitor goes outside those mats, in the majority of cases, they get stood back up. In any competitive match, you might be asked to start standing position on multiple occasions per match. If you have to fight four or five times in a day, that means that in a lot of competitive situations, you will have to start many times over the course of the day in a standing position. Will you always be able to hit takedowns? As the day goes by, you get more and more tired. You've got to conserve energy. You might get injured in your first match. In these cases, you have to be able to pull guard. If you can do it in a proactive fashion where you're scoring points with a guard pull or you're scoring off his guard pull, you're going to get a hit. But if your only option in the standing position is just takedowns and you're physically tired or you got injured in your first match, what are you going to do? We've got to start seeing guard pulling, instead of just criticizing it as cowardice or an admit of sympathy, we can start portraying it in a new light, provided people train in this fashion, as an exciting, proactive part of the sport where people are coming out and playing a positive attacking game through guard pulling and see it as just a different way of working together with their takedown game. Let's take an example. Let's say, for example, at the start of the match, Giancarlo and I come out and I have never seen him grapple before. He's never seen me grapple before. As we come out and work with each other in the standing position, I come through and I make a quick assessment of his game. And he's perhaps underestimated me here. He doesn't know who I am. Okay. And I'm thinking, hmm, I'm seeing an opportunity here for a takedown. Okay. And as I separate Giancarlo's feet and I come on and finish a guard, we get a good score. And we knock him down. But in the hurly-burly of the action, we go out of bounds. Okay. And as we continue, we go out of bounds and the referee pulls us into the middle and stands us up. When we come out the second time, what do you think Giancarlo's going to be thinking? Oh, shit. This guy's pretty good at takedowns. Yep. Okay. So he's probably thinking, let me pull guard this time. Okay. As we come out, I see Giancarlo sit down into guard position. And then right from here, we go over to the top and boom. We get in. We get a nice score.