

Now, we're trying to get you guys to a level in a fairly short timeframe where you're hitting ankle picks on people with a good deal of confidence. Let's understand something. Jiu-Jitsu is a highly competitive sport. Your opponents know most of the moves you're attempting, and once you become successful with a move, then they really know you're trying to attempt that. And so there's going to be a lot of failure. There's going to be a lot of times where you try a move, not just ankle picks, but any move, and you're going to fail. You get a reputation as someone who's good with an arm lock, people are going to resist it. And for every 10 arm locks you attempt, you might only succeed with three. This is all part of the normal development in Jiu-Jitsu. What you have to start doing is learning to use failure to generate success. And the good news is, with ankle picks, it's actually pretty easy, because as we saw earlier in this video, when you fail with an ankle pick, there's not really many bad consequences. Your back is not exposed to your opponent, and your weight is not caught underneath his weight. Okay? So we can use this productively, and hit what we call double picks. Double picks refer to situations where you hit an ankle pick, it fails, and then you just try again, and succeed on the second occurrence. This is a very, very common and highly effective strategy, and you guys have to be good at it. So let's look at a situation where we've got Ai Otsu here in front of our training partner. And Ai Otsu, from here, we go through, yes, that confused Jian Kailai there, didn't it? We get a hold of our training partner, he's in good posture, and I come in on my training partner, and I attempt, and he steps out. Okay? I failed, then all we do under these circumstances is we give a good pull, and we bring the leg back in. And as a result, we go through on the second attempt, and put our man down. Okay? This is a very, very common and pretty simple strategy to use, and has a very high success rate. Don't think because you failed the first time, it's all over. Don't just quit. Okay? Rather, see it as an opportunity. Understand that the ankle pick is a very low-risk move, and his weight's not on top of you. If I fail with a single leg, and we come in here, when he goes into a sprawl, it's hard for me now to work successfully out a position where my stance gets broken. Okay? There's things you can do from there, of course, but it's hard. Okay? But an ankle pick, on the other hand, when he steps out of it, you're still in a pretty good position. And you can go for the other leg, or you can pull him back in, and go back for the same leg you attacked. Okay? We use this all of the time. We come out with a strong training partner. We go in, complete a situation, and we go in and pick, and he steps out. Now we just give a little pull, we bring him right back in, and dump him all the way down to the floor. Okay? So in a competitive setting, it'll look something like this. We come out towards our training partner, we put hands on, we go through and get our grip, I draw him in, I come in and fail. Okay? Now I pull him right back in a second time, we dump him down to the floor, and we get our score. Don't just quit because you failed the first time. Understand that failure is a common, common thing in a competitive combat sport, where you all know the same moves. And be prepared to take advantage of the fact that the ankle pick leaves you in a pretty good position if the first attack fails, and go for that second pick. And very often you'll find your opponent doesn't defend the second one nearly as well as he defended the first one. Most people tend to have a tendency to become overconfident with an initial success. Okay? So you get an opponent, and he successfully defends the first pick, and he's thinking to himself, ha! I made a miss. Okay? Then they get pulled in the second one, and bang, down they go to the floor. Okay? Take advantage of your opponent's overconfidence at his first success, and your first failure, and turn the tables with the second one.