

Again, we're looking at the IL-2 situation, but this time my opponent has grips on me. So as we start off with our training partner, we come out towards our man and he comes in and successfully applies a grip like so. We take a hold of our training partner's hand as we've talked about in the grip fighting sections. And from here, I snap the grip off and I start flanking my opponent. If he doesn't react, I'm going to go towards his back. It's not a good thing for him. So you know what they're going to do. They're all going to turn and face you like so. Okay. That's what we're looking for. We get the flank and they try to recover. We come out towards our training partner. He comes in. We lock up. From this position, we move around with each other. From here, I snap the grip off. I start moving to the flank. He comes in. We're in perfect position now to go split into our training partner and come up on the other side and put the man down to the floor. So we use a flanking attack to set up the double leg. He's in front of us. He comes in. He makes a grip. I come down. Cuff. My body and stance is in order. My stance is broken and he pulls. My stance gets broken. It's got to be me who gets taken down here. So he comes in and makes a grip. Immediately, we come in like so. I snap the grip off. I start threatening the angle. Now we're in perfect position to go straight on through and capture the man in our double leg. Okay. Very simple. Very effective way to use our grip fighting to set up Marote Gari, the double leg.