

We're going to show some self-defense applications for takedowns. All the takedowns that we showed in the video so far are highly appropriate for sport jujitsu context where you're on mats with a referee and there's the general framework of sports participation in jujitsu. But a big part of the reason why many people who study jujitsu are interested in takedowns is because of the self-defense aspect where they're applied in real-world scenarios. I spent more than a decade of my life working as a security out-of-bouncer in nightclubs in New York City, and along the way I learned many lessons with regards to the application of jujitsu to self-defense scenarios. What I want to offer you now is a small set of golden rules that are simple common-sense rules which show the differences between techniques that are appropriate for a sport versus self-defense situations. My first golden rule of self-defense takedowns is don't go to your knees. If we're involved in a sports situation, going to your knees makes a lot of sense because when I'm in a kneeling situation and I go down to my knees, it creates a very strong structure underneath my training partner's body. The biggest problem we face in a sports situation is someone who knows what a takedown is and goes into a strong defensive sprawl. If I'm on my two knees in here and he goes into a sprawl, this good upright body position makes it very difficult for him. Even as he goes into the sprawl, we can control him and put him down to the floor. That good upright body posture makes it very easy for us to control his defensive reaction, typically sprawl or down block or something like this, and get through to a completed takedown. In a sport context, it makes total sense for us when we're grappling to start turning people and from here come into situations where we get into our training partner's legs, whether it will be with a double leg or whether it will be with a single leg like so, and come up into standing position like this. Going to your knees makes a lot of sense in a sports situation, but in self-defense, most Americans live in an urban environment, and a large part of our real world scenarios involve fighting on concrete or on wooden floors, where crashing on your knees may not always be appropriate. Don't get me wrong. There are times when it's fine to go to your knees. If you're fighting on a football field or in a grassy meadow, no problem. But on concrete, it probably wouldn't be advisable as your first move to come crashing on your knees into a double leg situation like so. Also, the more you tend to go down to your opponent's legs, the more vulnerable you become to elbow strikes and knees going into your opponent's body. So generally, we favor the idea of staying off our knees. So most of the takedowns we'll be looking at involve the idea of staying off our knees and running to a leg without ever going to a knee. And it's from situations like so that we're able to go through and take an opponent up to situations where at no point in the takedown did we crash in on our knees. So that's our first golden rule of self-defense takedowns. Don't go to your knees.