

in and stomp, and you use those in unison. What they all do is they turtle up. As they turtle, they go into round two. You've got two choices. You can go with the lead leg for the jaw, or you can go from the outside leg for the temple. Okay, and they both work like magic. If he gets up to a knee, this is the time to go in with knees. So you play three weapons. You play stomps when they're down, or when they're covered, or when their legs are between you and their upper body. You play soccer kick when you have angle outside the legs and the head is uncovered. That's the most devastating weapon I've ever seen. I've seen people die from that. You can kick with both legs. If he goes to all fours, you stay soccer kick. If he gets up, you go to knees. Okay, and you use those in unison. So starting off from bottom. Okay, we're in a dispute. Okay, we put things in. He gets back up and he's down. I see there's a melee going on. I'm worried. If I get mounted, this is gonna happen. Okay, I look at him. He's like, yeah, yeah, and he backs away. This guy's threatening to get up. This guy's potentially dangerous. Oh, he goes back down. I come up. I go through. He turns. Boom. He gets up to knees. Boom. At no point did I do this. And now, boom. I put myself mounted here, but SVG there. Okay, no good having one dominance to him if I've given inferiority to the other guy. Your dominance is relative to the person in front of you. I'm dominant here, but I'm grossly inferior here. Here, I'm dominant here and I'm neutral there. So I haven't given up anything. Okay, I can take him out like so, and then we face each other and we're back to neutral. Okay, and that's how you deal with melees. Don't commit to the floor in a melee. Your best weapons are going to be the soccer kick, the stomp kick, and the knees on a grounded opponent. If you have your opponent grounded, please understand this is every bit as dominant. I would actually argue more dominant than the mounted position. As I said earlier, I've seen numerous people from the mounted position take blows, get up, and keep fighting. I've never seen anyone take a full power soccer kick to the head or three or more stomps to the head and just get up and keep fighting. And I've seen people killed by it. I've seen people comatized by it. I've seen a few people killed by it and I've seen numerous people comatized by it. I've seen people literally spitting out five, six teeth at a time. Okay, I've never seen that with the mounted position. Okay, I've seen people with orbital bone breaks so heinous that you're looking at them going like, dude, you look like you went through a fucking meat grinder. Okay, it's a different level of intensity. It's different. Okay, you can do a certain amount of damage from here. You can do some nasty work. Okay, it is a powerful attacking position. But if I had a choice between three of those, this is one of these, you know which way I'm going to choose. I'll take three elbows to the teeth rather than one soccer kick to the face. Okay, as I said, I saw several people die from soccer kicks. I've never seen anyone die from a mounted position. So my whole thing is get used to the concept of SVG. Jiu-Jitsu has five dominant positions, side control, north-south, knee on belly, mount, and rear mount. But there is a sixth dominant position that in self-defense in certain situations is the king, SVG, standing versus grounded opponent. Take a kneeling position facing me. There is simply no comparison between the potential injuries you can create from situations like so than there is like so where you can knock someone out, sure, but you can also be knocked down. Okay, down. The chances of Placido knocking me out from a situation like this, I mean, you have to be pretty damn unlucky to get knocked out from this position. Okay, maybe if you, maybe, possibly, but I don't have to be lucky to do the same to him. Okay, to me this is in a balls to the walls melee where people are going down and the shits hit the fan and you're wondering if you're going to make it home that night. This is where I want to be, not here. This is ugly. Things can go either way here. Okay, down. And in the melee, this is good, but I better have a wingman looking after me. If I don't have a wingman, I'm not going down here. The only time I'll take this in a melee is if I've got a good wingman who's watching my back. Bouncing, sometimes you had a good wingman, sometimes you didn't. Okay, because I've put myself in a situation where I'm dominant to him, but not dominant to him. I'm I'm grossly inferior. Okay, and this dominant position can end up looking pretty fucking inferior relative to the other guy. Remember in a melee, it's never

just him and me, it's him and me and everyone else in the vicinity. And the safest place to be under those conditions is here, so that I'm dominant to him and neutral to him. Okay, and I can get the work done in the blink of an eye. He rolls up to his feet, it takes a second, as opposed to crappy situations where it takes time to control people. Okay, strangles take time, arm locks take time, leg locks take time. In that time, it's like you're going to work. Soccer kick, stomp kick, lie down, facing me. A stomp kick takes no time at all. Okay, the combination of the two takes no time at all. Okay, the damage you can do in the time available with stomp kicks, soccer kicks, and knees on a grounded opponent is astronomical and can be done in a tenth of the time the grappling technique can be done from dominant position. Now don't get me wrong guys, I'm not knocking traditional jiu-jitsu. If I'm in a situation at my brother's wedding, where this guy's just drunk and needs to be taken out, of course I'm just going to be threw out the door and not be able to talk. Low intensity, problem solved. But if we're in a situation where there's a guy over here who's comatized, there's a guy over here who looks like there's blood leaking out of his fucking ears, and there's people flying around with bottles in their hands. I ain't going to the floor, I'll tell you that right now. But what I will do is put him to the floor. Okay, and from here you can go to work. Okay, and now I'm still neutral. I can come on to deal with other threats as they emerge. Okay, guys, understand that in self-defense applications, don't just go with the five standard positions of jiu-jitsu. There are some situations where you must go to the sixth position, SVG, especially any situation where it's gone beyond a fight and gone into a melee. Melee fighting is different from one-on-one fighting. It's a different fucking beast, and you've got to be different to deal with it. That's where SVG comes in. You must study the realities of the soccer kick, the stomp kick, and the knees on a grounded opponent. Okay, this sounds weird, but this is the training I used to do for it. I had a mentor when I first came to America. He had been bouncing his entire life. They were down in high school. He started bouncing when he was 17, back in the 70s or 80s. He was a crazy old fellow. Great guy with a good heart. He's passed away now, but he used to say to me, Johnny, I was younger back then, Johnny, don't bother throwing a punch until your feet are covered in blood. And what he meant by that is, put the motherfucker on the ground and start stomping. This guy never did anything athletic in his life. Smoked a pack of cigarettes a day, never trained wrestling, never trained jiu-jitsu, never trained boxing, karate, nothing. But he always did the same thing. In front of someone, he would be arguing. He would just put him straight down, and you're from here, boom. He would work with construction boots on, and to use his phrase, you'd put the boot in. And he had a winning record that was a mile long. He wasn't trained. If you hit him with a single leg, he'd fall down like a child. He wasn't physically very strong or powerful, but he knew one thing. If you put a guy on the ground, you can kick the shit out of him in a matter of seconds and do enormous damage while taking very little risk to yourself. And that's the lesson of SVG. When the melee breaks out, either the ground is unfavorable or the circumstances are unfavorable for grappling. SVG is the call and call. Go to the sixth dominant position of jiu-jitsu, which is not practiced in the sport at all. Go into the self-defense aspect. This, to me, is real jiu-jitsu self-defense. So much of jiu-jitsu self-defense is choreographed moves. A guy grabs me like so, and I come in, I step. We've all seen it a thousand times. I've danced for 12 years, I literally never used that in my fucking life. A guy puts his hand on my waist, and I come in, I walk Kimura, and I never did these things again. Everything was about prayer stance and getting the inside position and getting legs up and making a call. If it's one-on-one, it's just us. And I've got a good wingman looking after me. Sure, I'll go into situations where I put him down to the floor. From here, we go in and start working traditional jiu-jitsu strangle grip. Do it every night. But if it's a fucking melee, I'm not doing that. I'll tell you that right now. Once I come in, I pick up that leg, and from here, we're looking to create maximum vulnerability. One of my favorite things to do from here, boom, is right up the middle. I would expose the groin and hit. As I said earlier, I'm not saying this to sound like an asshole, but I've had people literally puking their fucking guts out on

the cement after being hit like that. I could never do that. If I'm behind someone and trip, I bring them down. If it's a melee, boom, in you go. He goes down to his back to protect himself, and from here, in you go. He tries to get up to his feet and turn away, in you go. That will cause tremendous damage in a very short period of time. Now, a question you guys might be asking, how'd you train this? Well, the truth is I worked four or five nights a week, and that kind of was my training, to be honest with you. I just did it every night, but I did have a training regimen. I used to take a soccer ball. I come from New Zealand. We hate soccer, so I never played soccer as a youth. I would just take a soccer ball, and I would play kick against the wall. I would just kick, boom, gentle kicks, boom. Sometimes the ball would come back higher, and I would hit with the knee. Higher, hit with the knee. Low, soccer kick. Then I would practice controlling the ball with the foot on top. Controlling the ball with the foot on top. Look it up, soccer kick. It comes back higher, knee, and pretty soon, grab the opponent on the knees facing me, the movement becomes so second nature that from here, you just feel it's so easy for you, okay? He goes down, and from here, it's just so easy to go over the top. It just feels so natural. He goes to turn away, and he goes in. I never sparred with this. I did it often because I worked four nights a week in some pretty rough-looking places, but the closest I got to practicing what I did was with a soccer ball, and I never had a problem applying this in a street situation, and nor did my mentor, who never did a day's training in his life, just sat around smoking cigarettes and drinking beers, and when push came to shove, he never had a problem wrecking people with these moves. So that's my word to you. Get this concept of SVG. Learn to distinguish between a one-on-one fight and a melee. Learn to understand the intensity of fights changes dramatically. Learn to understand that sometimes, the appropriate thing is just gentle control, okay? A lot of times, just putting your hands on someone will intimidate them. I would often go from a situation like so, and just be, okay, buddy, and they would feel the inside control, and they want to quit. That's great. That's awesome, okay? Sometimes, a guy would have his finger up in my face or what have you. I would just take, drag, and this would be enough. They'd be like, oh man, I don't want to go any more of this, okay? And then from here, you dog them down to the floor, come on, man. You want to go home? No problem. It's all good, okay? You're in a social situation. You just want to put them down. You put them down in the mounted position, and you stay on top. You stay mounted. They get freaked out, claustrophobic. They quit. Wonderful. Low intensity, but always have in your back pocket at a time when it isn't low intensity, and people are getting fucking hurt, and that's when you go SVG, when it's madness all around you, and you're wondering, what the fuck am I doing here, okay? And you're looking around going like, dude, I wonder how many of these people are going to be going to the hospital tonight. There's a possibility of weapons. Weapons are a whole different level. That's just, that's madness, okay? In these situations, SVG, standing versus ground, is the sixth dominant position of jiu-jitsu, and that's the one you want to start making use of.