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Now let's talk about one of the great questions that I'm always asked every single time I go to teach judokitami Should I cross my feet or not? You will often hear people say never cross your feet. You will often hear other people say it's good to cross your feet Intelligent people highly respected people both say the same thing and the obvious question here is who's right who's wrong My answer to this is simple there's times when I believe it is useful to cross your feet If you look at the evidence there have been people who at world championship level Completely broke opponent's arms with crossed feet and people who completely broke their opponent's arms with uncrossed feet That should tell you right from the start. Both of them are pretty damn effective Here's my general spiel as a general rule in bottom position I don't like crossing my feet. I'm not gonna say it's a hundred percent wrong to cross your feet But as a general rule, I prefer open feet in bottom position When I'm in top position cross feet can be a useful addition to your to your game But it does change the game a little bit. You have to act a little differently with your legs when you cross your feet Okay, we've got an opponent Down on the floor When I have dead symmetrical legs, this is good for breaking But it's not so good for control as a general rule when we go to control people I like to see my athletes work with asymmetrical legs where my legs kink just in like so Okay, I have two choices when I go asymmetrical. I can have knees pointing towards my opponent's hips or I Can have knees pointing towards my opponent's head Okay, in both cases, my legs are now asymmetrical and both of these I favor a lot. Okay as A default I normally go in this direction for reasons that will become obvious in a few minutes When we lock in in this position There's an alternative where I can come back to a symmetrical situation and from here I can go in to lock my feet. Okay What do I what do I gain when I do this? Well one thing's for sure you gain excellent control of your opponent's far shoulder So that now both shoulders are being controlled more strongly than if I just have open feet It comes at a price When I lock like so I no longer have such direct firm control of my opponent's head Okay Now my opponent can turn into me a little more easily because the head can move a little more easily When I have a cross-faced leg in place that control over the head is very direct But I sacrifice control of the far shoulder if I feel I have an opponent who's interested in walking away from me Like so this might well be a good time for me to cross my feet I come in and lock and I pull my legs back now. I control the far shoulder when he goes to walk away from me He's not going anywhere. He's stuck in place Okay, so this might be one example where cross feet is a good idea if I have an opponent who I know specializes in turning escapes Where he goes to turn out in this direction in response to a jiu-jitami This too can be a good time for us to cross feet When I know my opponent is interested in turning out in this direction and my feet are crossed when I go to separate here The control over the far shoulder makes his turn out much more difficult than usual So this too might be a good time for us to cross feet One time I'm not a big fan of crossing feet is when my opponent's on top of me In here, okay now as he locks up and we go into the jiu-jitami The one thing I really need in these positions is head control And that's something I tend to sacrifice when I cross my feet in this position. There still is a kind of Control of the head through my knee But it's not as effective as situations where my feet are open and I can put my opponent down Okay so as a general rule I tend to favor open feet when we're in bottom position and I will often make use of cross feet when we're on top of our opponent in a seated situation like so Okay, depending upon what I see with my opponent. There's no hard or fast rule to the question Is it right or wrong to cross my feet I Don't go with the crowd who says it's always wrong Okay, first of all, there's a mountain of evidence to show highly effective arm breaks with cross feet Secondly, it just tends to change the nature of the control rather than to be all wrong or all right, okay When my feet are crossed I still do have some control over the head If I comes in I just open up my knees and from the situation you have excellent control You do gain a lot of control over the far shoulder. These are all good things However, when I feel people pressing up into me and I really want to control the head I typically do

go back to open legs like so and from here I get very direct control of my opponent in addition when I want to move with my opponent Open feet are obviously much better If I see him moving away and my feet across I can make it hard for him to move away But if he does actually get away now, I can't move and so in these situations This will be exactly when I heist my way back into a strong attacking position and walk up like so