

Now, our stated goal is to get you hitting ankle picks in a fairly short period of time against competitive opponents, some on your own size and skill level. A big part of your ability to do this is about a transition from one foot to another. Here's a piece of common sense wisdom for you, especially when you first start out, but even when you get more experience, you're going against tougher opponents, the majority of the moves you attempt will always fail. You guys are involved in a competitive sport where most people know what the moves you're trying to do are, and they know the counters to them. There's not that many secrets out there in Jiu-Jitsu. Once you get a reputation as someone who's a good ankle picker, everyone's going to start moving with fast feet and prevent you from getting to a foot. It's going to happen more and more. Despite your best attempts to take your opponent's head and bring it down over his foot, he's going to be guys with fast feet, you're going to miss feet. So we come out with our training partner, we come in and we fix up our grip, I make an outside pick on my training partner's leg and he steps off. We go right across to the second leg and put him down. Don't make it two shots, don't go one, two, okay? Make it a smooth transition, whereas I fail on my opponent's right, I come across to the left, okay? You have to be good at this, guys. The good news is, it's really easy. It doesn't cost you anything. That's why it's so important to correlate our shot hand and our shot leg. It doesn't change, okay? So I'm going to come out with our training partner and from here, I go outside pick to inside pick and put him down, okay? Now here's a little bit of advice for you. It's much easier for you to go from an outside pick to an inside pick than it is for you to go from an inside pick to an outside pick, okay? If I start with an inside pick, it's significantly harder for me now to make a transition to an outside pick. I'm not going to say it's impossible, you can do it, but it is harder. That's why in the majority of cases, if I have a choice, I will typically start with an outside pick because it gives me two chances. I can go outside to inside, but it is more difficult to go from inside to outside, okay? I typically lead with inside picks when I know I'm going to do a good job of putting his head over the ankle, okay? But if I have a choice, I typically go outside first, easier to transition to an inside if I screw it up, if I think. So as we come out towards the training partner and from here, I make my first grip. Now I give a little pull. I create a situation. If I go to the inside pick and he steps off, it's a little more difficult to go across to the outside pick. Not impossible, but it is noticeably more difficult, okay? So most of the time, once I see a foot is forward on this side, I will go to the outside pick and then straight across to an inside pick to finish, okay? Guys, you must have this ability. You must have the ability to seamlessly go from one to the other foot because as you get better and you start to establish a reputation as a good ankle picker, you're going to get opponents with fast feet who anticipate your pick and you must be able to go smoothly from one foot to the other and get the result you wanted.