

It's time we started going into the nasty business of SVG and breaking down some of the more nuanced elements. When you look at stompings, soccer kicks, and clinch knees on a grounded opponent, I'm not going to lie to you, it just looks like barbarity, savagery. But there are some nuances that will take it from being just two guys slugging it out like you're an extra from a Goodfellas movie, or someone who actually knows what they're doing. Let's understand right from the start that there are three main SVG positions. There are supine positions, where my opponent is on his back, and you can be in front of his legs, or you can be out to the side, crowding the heel. Okay, so there's the supine situation. There is also the prone situation, where your opponent gets up to all fours, okay, just put that down your elbows. He can be on his elbows, like so, in all fours, or he can have his elbows off the mat. But in both cases, you'll see he's off all fours. Then there is the kneeling situation, where our opponent is on knees with no hands on the mat. Those are the three scenarios in which you must be effective. All three represent a situation where you have tremendous potential to use three main categories of weapons. There are other weapons, but these are your main ones. These are stomp kicks, soccer kicks, and clinch knees, and these will impart a devastating amount of destruction to anyone who's down in those three positions while you're standing over them. Now, as I said earlier, it looks on the face of it, when you see someone stomping or soccer kicking, that it's just some guy wailing away and doing what comes naturally. You can do pretty well with just wailing away. I'm not going to lie to you. There were some people who had no real training of any kind, but they did just fine in these situations. But if you know what you're doing, you can amplify the effect of what you're doing. So let's understand some of the nuances of soccer kicking. When you go to soccer kick someone, let's understand right from the start that the damage done by a soccer kick is done through velocity. You can generate an enormous amount of kinetic energy through velocity with a soccer kick. Let's understand that you cannot, it's not that you cannot do it, it's just that it's difficult to soccer kick through legs. If he's got legs up, you tend to impact with your opponent's legs and only really kick his legs. The idea is to get to your opponent's head. That means the best places to stand for soccer kicking are invariably up at your opponent's shoulder line, here. This is the preferred position to do soccer kicking from. Let's understand that we've got different kinds of scenarios where we soccer kick. The first is the supine scenario, where your opponent's head is down close to the floor. This is one of the trickier situations to deliver a crushing soccer kick, because your opponent's head is so close to the mat, you can only make impact in a horizontal direction with the shoelaces of your foot. So when you come in, you're making strong impact, but only with the shoelaces of the foot horizontal to the floor. The only time you can really put truly devastating power into these blows is when you're wearing heavy boots, because then you can kick with the toes instead of the shoelaces. So if you're wearing heavy steel cap boots, for example, you can come in and deliver terrifying blows to the head in this position. If your opponent's head is elevated even a little, now you can put the shoelaces and kick in a rising motion, which does significantly more damage. When your opponent turns to all fours, now there's a significant elevation, and this creates some of the most devastating soccer kicks in the world, where you can kick up with tremendous power. Picture the idea of kicking in American football and the sport of rugby. If I have a ball on the floor, it's hard for me to get underneath the ball and enact any kind of serious power on my opponent, but if I have an elevated ball on a kicking stool, now I can get underneath it and project significantly more force into the ball itself, just as you can with a human head. That means that the best time for us to be hitting in situations where you're not wearing heavy boots are situations where the head clears the floor. So he's down, seat by the position, and we're up here at the shoulder line. When he goes to turn, now the head is elevated, and this is the situation where soccer kicks are truly devastating. Let's understand, stay there, buddy, down on your elbows, let's understand that when you go to soccer kick, you have the choice between attacking with the leg that is closest to his legs. This is the ideal way to attack the temple

out to the side, okay, if you don't want to put damage on the face, the teeth, et cetera, perhaps you're worried about legal repercussions after the fight. If you don't have any concern with these things, then I suggest kicking with the leg furthest from the legs, where you kick in towards the jaw and do horrific damage in just one or two blows, okay? Let's understand also, down, buddy, that once we start to move in, face towards the camera, when we have even a small amount of elevation off the floor, the impact of your blows will be massively increased, as opposed to back of the head on the mat, where now only when you kick with the toes, with boots, will you make terrible impact upon your opponent. When your opponent goes to cover up the head in situations like this, deep cover, now I can't make direct contact with the head itself, okay? In these situations, we generally recommend switching off to our second category of kicks, stomp kicks. Now, stomp kicks are a very different animal from soccer kicks. Soccer kicks work by velocity. The higher the speed I can generate, the more terrifying the damage. And let's turn this a little. In stomp kicks, the primary problem you face is stomp kicks are low-velocity kicks, okay? And the velocity bleeds out very quickly from the kick itself. So cover up from here, elbows close together. When we go to stomp kick, there's a danger, especially if we go with a lead leg stomp kick, that as we come out, the velocity bleeds off by the time it reaches the target, okay? That's a real problem. Because if I come in with a slow hand, I can start grabbing feet and causing all kinds of problems here. So what we generally want to do is to put our head over the stomping foot. I never want a situation where the foot goes out and the head doesn't move. It creates very little impact, okay? What I want is a situation where my head follows the stomping foot. So as we come out, we come down with our head directly over the foot. Only then do you go through the defensive arms that are stopping our soccer kicks, okay? So we always go high knee, and then the head follows the foot, okay? Second element. I never want my toes pointing towards the target. When the toes of my support leg point to the target, you always bleed out energy. What we want is a rise where my toes point 90 degrees, like so, so it creates a drive leg behind you. So as we come up, we have a drive leg turning, just like so, okay? Now, another consideration. One of the most potent of all the stomp kicks involves what we call the skip step. I generally favor using the rear leg in any stomp kick scenario. I'm not a big fan of lead leg stomp kicks. I use the rear leg, and watch my support foot. When we go to stomp, we always skip towards him. So you cover distance, and 100% of your body weight comes down into the kick. So as we come up, we get a significant stomp, okay? That's gonna motivate your opponent to turn away from you. And as they turn, you switch off into soccer kicks, and you play between the stomp to get them moving, and the soccer kick to put it over with, okay? So let's say, we'll take them standing. Let's say from an initial situation where we're tied up, and we come in on a training partner, and from here, we put our man down to the floor. The second we get past our training partner's legs, and the head is unprotected, head is unprotected, hands up, not around your head. This is the time for us to come in and start soccer kicking, like so, okay? What are they all gonna do? Oh, they're all gonna go in and protect. Now we put in a drive leg, and start stomping. As they start turning away, we get a second tackle with a soccer kick. Now if your opponent, for whatever reason, is able to get up, so his hands start coming off the floor, that's when we go into the third category of attacks, where we control our training partner's head. You can put two hands on, if he starts coming up to his feet, you can lock onto the head, okay? Be aware that he's probably gonna try and grab things, and be prepared to bring everything down, okay? As he comes back up, you're gonna get a situation where you can attack with clenched knees. And you play these three off against each other, depending upon the scenario. So if we're standing, and for whatever reason, we're able to get our man down to the floor. Right off the bat, we come up to the shoulder line and start hitting, okay? From here, we come up, and start stomping. As he comes up, he finds himself going into soccer kicks, and then into knees. And we play these three techniques off. Look at the mechanics behind them. When we go for the soccer kick, good, from here, it's just like place kicking

in football or rugby. We make a step towards our training partner, and the support leg opens up. So as he turns up to his base, from here, support leg opens, and we follow this like going after a football, okay? Stomp kicking, we use the rear leg, knee comes high, and we step, we step, we skip off our training partner's foot. So if I'm in front of his legs, in situations like this, I can come up and stomp. As he goes to turn away, we go back into soccer kicks. As his legs come up, so hands come up, from here, we go into the various knees. When we go to knee, facing knee, we always come up on our toes, and the toes point to the outside. Never do we come in with our body bent, okay? The idea is under these situations, we come in, hips forward aggressively, and hitting. Hands on our opponent, on, and scoring. If we use these three methods, stomping, soccer kicks, and clinch knees, from the SVG situation, you create a trinity of movements in which you can do tremendous damage in very short periods of time. Understand that time is a crucial element in any kind of melee situation. When we use the traditional methods, the four-step method of Jiu-Jitsu, it's a time-consuming method. You take people down, you get position, you control, you finish. Takes time. A soccer kick, a stomp, and clinch knees can be done in a fraction of the time, with equally impressive results. But also be aware, of course, that using techniques like this will subject you to investigation after their use. So you would only use these in situations where the situation was entirely out of control, and now you're concerned with a battle for survival, where you can justify the use of such techniques in a court of law that would presumably come on subsequent to their use. So using these three methods, in these three scenarios, supine, we'll use a mix of soccer kicks, like so, stomping kicks, like so, as our opponent goes to get back up. Now we have the prone situation, where the soccer kick is king, either from top leg or from bottom leg. One aims for the lower face, the other one aims for the temple. When our opponent comes up and the hands leave the man, then it becomes the province of clinch knees. Typically, what happens when they get hit hard in this situation, they go to their back and defend themselves once again. And now the whole cycle begins anew, and then from here, we begin this cycle of horror once again. These three modes form a trinity, I guess, an unholy trinity, where you can completely dominate the SVG situation. You can do tremendous damage in a very short period of time. You can remain in a neutral position relative to other bystanders in a melee situation. So if I'm soccer kicking someone down here, relative to all the other people standing around and observing, or even actively participating, I'm neutral to them while I'm completely dominant to him. As opposed to a mounted situation, where I'm dominant relative to him, but vastly inferior to any other active participants in the melee. I could easily be soccer kicked myself in this situation. I could easily be clinched knee myself in this situation, I'm on my knees. Anyone standing around me would have access to soccer kicks and clinched knees. If I get hit and go to the floor, now I find myself in the worst of all situations, the receiving end of SVG, okay? Now my opponent can come in and start soccer kicking, he can start going in and stomping. If I try to defend myself here, I come up and run right back into soccer kicks. If I come up like so, now I'm in the knee situation, I have to go back and defend myself. Now this whole unholy cycle of soccer kick, stomp kick, clinched knee unfolds upon me. So in melee situations, where everything's gone to hell, and you're no longer worried about the implications of legal problems after the fight. This is like an extreme situation where you're only concerned with survival, with staying out of hospital, and you're prepared to put other people in hospital to do that, okay? So you've made the extreme decision that you're going to use the most potentially dangerous moves in jiu-jitsu, okay? We're no longer talking about controlling people and holding them down, we're talking about putting them in a fucking hospital. That's when we pull out the heavy artillery, so to speak. The trinity of the SVG position, soccer kicks, stomp kicks, and clenched knees. Whipping over some interesting, and perhaps rather extreme, representations of the use of takedowns in self-defense scenarios. First off, I would just like to say to you, if any of the material we covered seems overly extreme or violent, I apologize to you. It's not my intention to come across as some kind of tough guy advocating violence as a

response to violence. I'm as much in favor of pacifism as a general rule as anyone. I was involved in bouncing in New York City through some of its most turbulent years in the 1990s and beyond, and as a result, I found myself quite often in some very extreme situations. I was able to use jiu-jitsu successfully on a very large number of occasions, and I came to see the benefits and the limitations of most people's approach to jiu-jitsu, the classic four-step method. Please understand that self-defense scenarios come in a very wide variety of intensities. They can go all the way from a simple dispute over a parking meter, a verbal dispute that gets hot, and they can go all the way up to life-and-death situations, and there's a thousand gradations in between those extremes. It's very important that you have a clear sense of understanding of threat and appropriate response to threat. This is not something I can tell you about because there's a thousand different gradations along the way. This is something that you must investigate. As a general rule, I always, always advocate a conservatism when it comes to level of force in response to a perceived threat. Remember that we live in a litigious civil society where you will be expected to defend yourself in a court of law after your actions. In the vast majority of self-defense situations where things get hot and you've decided to go from verbal situations to physical situations, if you were given time to reflect, you would probably come to the conclusion that it wasn't worth fighting over. We all have impulses. We all have egos, and there's always things that will annoy and aggravate us and provoke us towards physical altercations. As a general rule, impulse control, which points you in the direction of turning down opportunities to go into physical responses to perceived threat, are almost always the correct decision. Even when things do get physical, it's up to us as individuals to grade the appropriate level of response to the situation in which we find ourselves. And again, as a general rule, you want to play a conservative game here. You want to make sure you don't exceed what is the appropriate response to the situation you're in. One of the marvels of judo, one of the things that I admire most about it, is it does give us the ammunition to go from very gentle modes of response, simple control, holding people when you have an opportunity to go into dialogue and talk things through and convince people not to go the physical route, all the way up to the most extreme methods, where you can use strangulation to end a life, for example. My intention in this video is not to fill you with some kind of blood and guts violence where you just immediately go into stomp kicks and soft kicks. My intention is to show you that there are degrees of violence, and you need to be able to cover all of those, and judo gives you the ability to do so. When it comes time to takedown, we can see that there are three functions to takedowns in jiu-jitsu, not one. It's not just about putting someone down and working your way towards the mounted position. You have other options. You can use the takedown itself as a means of intimidation or damage. And you can take the takedown as an opportunity to go into the so-called SVG situation, where you can put tremendous damage on an opponent in a very short amount of time. This would only be reserved for situations where things have gotten completely out of hand, and at this point, violence is the only answer. All the other answers have been extinguished, and it's time now to get physical in a way where someone's getting hurt, either you or the other person or people. Please understand, of course, this is a last response. I'm not giving you this information as something to boost my image as a tough guy. I'm the last person on earth to call myself a tough guy. I got through 12 years of bouncing through a mix of skill and straight-out luck. There were many times I could have been poked with a knife or hit with a bottle in the back of the head, and good luck got me through those situations, not skill. There were other times when skill played a decisive role. I would be lying to you if I said it was just because I know what I'm doing. Luck and fortune favors some people in some situations, and it can go badly against you in others. So please bear in mind this idea that whenever there's a choice, it's usually almost always the smart move to move away from physical violence and to disengage. But where situations have gotten completely out of hand, now violence, even though it's an undesirable option, may be your only option. And if one of you's got to go to hospital, it might as well be the other guy

rather than you. I know there's situations where it's just not appropriate to use the classic four-step system. You can get badly hurt even attempting it. If you are a pacifistic type who would simply not be happy with the idea of using some of the SVG positions that we looked at, and I fully sympathize if you are that way, I don't talk about these situations lightly. I've seen people get terribly hurt, put into comas and wounds in SVG situations. Even if you were never going to use it, I give you this information as a warning to the idea of using the classic four-step system in a melee. You must understand melee fighting is a different animal from one-on-one weaponless fighting. Just seeing what can happen in the SVG situation may well save you in itself and prevent you from using erroneously the classic four-step system in a situation where it's not appropriate, a melee, where you could get badly hurt trying it. And just understanding, oh my God, you can see the power of soccer kicks, stomp kicks, and clinch knees. And they could take you from what you think is a dominant position, the mount, and you could still end up in hospital with a badly broken jaw and missing teeth. So even if you're never going to use this, just a demonstration of the potential power of the SVG position could well save you in self-defense from getting hurt by erroneously using the four-step system in a melee where it shouldn't really be used, unless you have some kind of good reason for using it. Perhaps you have a wingman who can protect you as you go down the floor. That changes things, obviously. But my intention here is to alert you to the fact that takedowns don't have this one direction in self-defense. It's not just always about putting someone down and getting knocked on. That is one good way of using them in one kind of situation. In particular, one versus one without weapons. If you find yourself in melee situations or in weapons situations, that very may well not be a good idea. I'm not saying don't use them. There are some situations where even there you could use them, but don't make it your first choice. Remember, the mounted position is dominant if neither one of you has weapons. It's not dominant if the other guy's got a knife. It's not dominant if you've got 20 people swarming around you and you don't know who's on your side or who's not. It's not dominant there. It's dominant relative to the guy underneath you. It's not dominant to the people around you. In those crazy, uncontrolled melee situations where things have gotten completely out of hand and you're no longer concerned about the post-fight legal ramifications. You're worried about your survival right here and now. That's when SVG techniques become king and takedowns take you to this position. Let's understand that classically in jiu-jitsu we understand there are five dominant positions on the floor. You can be side. You can be north-south. You can be mounted. You can be rear-mounted. You can be knee-arm-mounted. But there is a sixth dominant position in self-defense, the SVG's position, and there are three main scenarios involved there. In those situations, takedowns can take you to those situations and where it's appropriate, you can unleash a devastating array of attacks through stomps, soccer kicks, and clinch knees. Used in this way, you can see that takedowns provide you with many aspects of self-defense which are not covered in classical curriculums. These pertain very closely to the sport of jiu-jitsu. You couldn't really imagine using these without actually practicing the sport of jiu-jitsu so that you're wrestling people and taking them down to the ground in live, resisting, sparring situations so that you can take a fully resisting human being, put them down to the floor, and then make your choice. Will you follow them down and use the classic four-step system? Will you use the takedown as a means of intimidation to move away from the fight and disengage? Or will you take it down to SVG in those extreme situations where you're no longer concerned about possible legal ramifications and now it's just a matter of doing maximal damage in minimal time? Looking at self-defense takedowns in this light, I think, is the most realistic way. I'm not a big fan of the classic method of jiu-jitsu where you practice takedowns without resistance where you have a given scenario and you practice a pre-rehearsed takedown on an unresisting person. I've never seen anyone become a useful fighter or self-defense proponent using these methods. But I have seen many people who came from a combat sport, wrestling, judo, jiu-jitsu, sambo, et cetera, who with these modifications and tactics

became extraordinarily proficient street fighters in a very short period of time. They could take the sport skills that they've developed for years and apply them in a truly devastating way depending upon the intensity of the conflict in which they found themselves. Don't take these techniques lightly, but should you ever need them, you'll have the knowledge to apply them.