

Okay, the two longest levers in the human body are those between the head and the tailbone, just the whole spine and head. That's one tremendously long lever, roughly half of your bone's body. And the other is between the hip and the ankle. That's the second half. If I control the head through my training partner's lapel, and I get a hold of the end of the lever down here, all the way by the ankle, not grabbing up here by the knee pants or by the calf muscle, but all the way down here. If my opponent goes to move his leg back and away from me, he's fighting against the two longest levers of the body. If I control the head and spine, very, very long lever, and the whole length of the leg, when he tries to move out of here, it's awfully, awfully difficult. And very little force is required to put our man down to the floor. Now, let's contrast that with, say, for example, a single leg. If you had to go back to the camera, Giancarlo, let's understand something about single legs. The number one defense to any form of leg attack, whether it be double leg or single leg, will always be a sprawl. Something has to happen for a sprawl to happen. That's something because your opponent's foot has to come off the mat. Watch Giancarlo's left foot when he goes into a sprawl. You'll notice that the first movement is the foot comes off the mat, and then the leg goes back and back and back and back, and he sprawls successfully. And it all began with Giancarlo's foot coming off the mat. If Giancarlo is not allowed to move his foot off the mat, and he tries to sprawl, he can't do it. But when he picks the foot up, now it's so easy for the leg to go back and away, and the sprawl happens. The beauty of ankle picks is they glue your opponent's foot to the mat. And as a result, sprawling, the number one defense to most leg takedowns, becomes extremely difficult. You'll be on this side. I'll be on this side. Okay. Let's come close to the camera. And I want you guys to focus on Giancarlo's foot, okay? If I take his head and I put it over the top, just like so, when I catch, my pinky comes down all the way to the floor. So you're truly at the end of the ladder. I'm kind of grabbing up here. Okay? I get a good grip. Now, when he goes to pick his foot up off the mat, it's hard because his head is over his foot. When he goes to sprawl, he can only sprawl the other leg, and that's not going to help. Okay? Now, do your best to sprawl, mate. Go. It's physically impossible and very easy for us to complete. Okay? The ankle pick is probably the single best example of using the two longest levers of the human body, the cranium connected to the spine and the upper leg and lower leg connected as one, to create tremendous leverage effects, to make sprawling the number one defense to any form of leg attack and grappling almost impossible. Okay? All we need is conditions, the idea of catching down by the end of the ladder. I control the head and I control the heel. Now, he goes into a full sprawl with everything he's got. And with one hand, I can easily hold the leg in place and prevent the sprawl. I could never do that if I was holding around Giancarlo's leg here at the knee. Okay? He goes into a full power sprawl from here, and it's going to be hard. I've got to know exactly what I'm doing to prevent that from happening. Okay? But the ankle pick remains the single most mechanically efficient way to prevent the number one defense to any form of leg attack, the sprawl, from ever happening. That's another reason why I favor it so much as one of your first standings.