

Metadata: <https://www.youtube.com/watch?v=TTSNPebOzv8>

one okay guys i'm here today with jason henderson huge honor for me guys jason is a jiu-jitsu black belt from gustavo machado judo black belt from dave camarillo and he spent 30 years on the navy seal and he just shot an entire instructional all about like self-defense for guardians and regular people and today he's going to show us here how to use the 201 for self-defense guys he is one of the best guys for self-defense that you can ever imagine like uh jiu-jitsu black belt judo black belt and 30 years on the seal there's no way to have more experience than that so i'm excited to to learn from you jason thank you so anytime i'm gonna approach somebody there's a lot that happens before i just go and put hands on them right for for instance i need to maximize the amount of oxygen that i get to my brain so before i even walk towards somebody i'm breathing in through my nose letting it circulate down into my bloodstream and out through my mouth i'm trying to get as much oxygen to my brain as possible i'm looking at his posture is he right-handed is he left-handed is his hand tensing the threat isn't what his face is doing the threat is always in his hands or if there's something around his waistline is he tugging at his waist is there something his grip it doesn't matter to me if i'm going onto the battlefield if i'm going towards a street altercation or even if i'm stepping onto the mats i always have the same approach calm myself down maximize the oxygen to my brain by breathing and and make critical decisions as i approach i don't want to come straight in and go into a grappling here because he could close his eyes and hit me he can pull guard he can do anything i always want to start heating up my insteps the reason i heat my insteps up is because i always want to be moving off laterally if he charges me if he runs at me i already want to be pushing off and getting towards this 45 degree angle if i can get to a 90 it's optimum in the military we call it flanking i want to flank and i want to approach the enemy from the side i don't want to be coming straight in on him so as i'm coming off at a 45 degree angle if he's crashing in i bring my arm up into a frame i'm using my humerus bone as a block from him coming in and approaching and i'm putting my hand in on his shoulder i then come here i like to grab at the bicep you can grab the wrist but i prefer the bicep so that i have good control now if he starts moving i can even redirect and guide him in another direction and and or i can pass the sprints and bring his head up to push him against the wall or i can just have good firm control if he's coming in and crashing into me and keeps resisting from here and i can't redirect him and then i'm turning my torso and bringing my hip hip to hip with him here by coming in here you can see i slid my hand from the frame down his arm and grab a hold of the thumb side by grabbing a hold of the thumb side i'm bringing his elbow in into my sternum and pushing my sternum out creating this arm bar type of tension i'm keeping my head behind his shoulder and keeping nice posture i'm using my lat muscles to pull up pull his arm in so it's really tight that keeps him from striking me with this arm it keeps me in good control and i have good chin pressure coming down the back of his shoulder i can step on his feet and drag him all the way to the ground i can step all the way to the cross step and drag him all the way to the ground or i can do an uchi mata type of style or for me i do a mule kick and kick the cross v oh just you haven't shown as well uh some situations that use your hand against the person's face now show that that was cool now if his posture stands up because i'm trying to drag him down and he's a really strong guy and i'm a smaller person i grab both arms here and i do it like i'm doing a rope climb i'm pulling this arm down from here you can see i'm completely perpendicular to him my foot is behind his leg i got several handles i have his trap muscle here i grab his head here i grab his chin which is my preference does it come all the way across and grab the nose or the chin some police departments don't like it because it's too close to the throat but the head is nice if i can bring his head in nice and tight i have good control of his arm i have good control of his head and instead of kicking his leg or foot sweeping or wrapping the leg around all i'm doing is turning my toe and bringing my knee into the back of his knee so i have it nice and tight pulling back that's crazy and i have good knee control that's crazy i like to keep my knee down in this position and control the hands now i have him

controlled and i can look around that good situational awareness of anything around me pretty secondary threats it's different than a judo throw almost like my spine going and that's really what we're trying to do is realign your spine yeah i'm taking you forward or taking you back i'm trying to realign your spine no the no that's great and the the very first move you did using the forearm the frame it's to make sure that you don't give too much distance what was the goal of that right so i'm stopping you for a minute because i want to take a look okay like are you a threat and it gives me space to redirect you this way and a lot of times i can just come in here and walk you back and get you away from a situation but if you keep resisting then i gotta transition to here and if you pull away from me and i'm standing up and i gotta come to here good the big thing here that i'm trapping the head and pulling it in it gives me good head control but also keeps his head from slamming down onto the mat that's incredible oh that's incredible yeah guys uh jason just shot an entire instructional all about self-defense for guardians and the regular people and it's going to be at bjxfanatics.com and effectiveselfdefense.com so make sure you check it out he is a jiu-jitsu black belt judo black belt and 30 years on the navy seal so you can't get better than this so thanks so much appreciate it please help me out to grow my youtube channel just click subscribe and to watch more videos just click under see more videos i hope you enjoyed [bjj fanatics.com](http://bjjfanatics.com) use the promo code youtube faria to get 10% off any instructional video improve your jiu-jitsu faster