

Now, double sleeves is a very effective way to enter into our training partner's legs. Let's make a distinction between three finger grips to our training partner's cuffs, which are very good for pushing, versus four finger grips to our training partner's cuffs, which also are good for pushing, but which push where the watch wraps to the wrist. Three finger, I go to the bottom of the wrist. Four finger, I go on top of the wrist. So if he has a grip, look out from here, I change direction, and I've got a very good grip on my opponent. He takes a lapel grip, I go in over the top, and from here, I punch the grip off. Now you've got double cuffs. So from right versus right situation, I'm going to play a trick on my opponent. Guess my opponent comes out and takes his lapel grip. I'm going to put a hand on, I'm going to grip my own gi, I'm going to switch my stance to break his grip. Now I come back and I offer him the second lapel. I put my second hand on, and I stretch my body out, and I break it off. Now I circle and pull to bring his leg around the corner. I'm in the perfect position to go down and lock. When he tries to get any form of stranglehold, I'm controlling the sleeve. When he tries to go for any form of throw, I'm controlling the sleeve. As a result, I can quickly come up to my feet. Once we get to our feet in this situation, many ways for us to act. But what I normally like to do is circle my opponent and threaten his balance in this direction. As he goes to recover, I just come right back in the opposite direction and put him down. So once again, we start off like so. He comes in, takes a grip. I go forefinger, my own lapel, I switch my stance and break the grip off. Now I come back, offer him my lapel. Second hand comes on, stiffen, pull the leg around the corner. Now we're in perfect position to go through and lock. Now I come up, he goes for any kind of defense, you're controlling the hand. Very difficult for him to throw you now. We're in perfect position now to offset his balance in one direction. He goes to recover and then we take him in the opposite. So simple, so effective.