

Now, we're looking at the idea of ankle picking and how this is going to form one of the foundations of your early game in the standing position. How you can go from not really having any standing game to having a pretty damn good standing game in a minimal amount of time. Now, all the ankle pick finishes we've looked at so far have been immediate finishes, where you've got the heel and drop them right where he's stood. These are the best kinds of finishes. And these finishes occur in situations where we can successfully bring his head over the leg that we're attacking. So when we get to situations like this, Giancarlo drops to his butt right where we hit a boom. Those are the best and most desirable finishes when it comes to ankle picks. But let's be honest, in a competitive combat sport, what's ideal doesn't always happen. And in fact, in the majority of cases, it's usually something less than ideal that happens and you've got to be able to deal with this. It's all part of the sport. One of the most common occurrences when you start your ankle picking journey is the idea that you will pick the ankle successfully, you'll get to the ankle, but you won't be able to sit him down on his butt. Your opponent will stand up and remain standing, and you will have the heel and you'll stand up with him. So we get into situations where we successfully get to the ankle and we end up in situations like this. Okay? Where you've picked the ankle, but you have not put him down. And now you're going to have to go for what we call a high finish, where both of you are in the standing position and you've got to put him down now. How is this going to work? Well, it's important you understand this because it's a pretty common occurrence. Okay? We've got our training partner in front of us, and from here, we go through, we get our first grip, we go in, boom, and we catch. Okay? But when it's time to put him down, we end up in a position like so. He will probably have hands in front, defending the position, that's common, he may not be grabbing you, but he will have his hands on your hands and working like so. Okay? First finish from this situation, we glue his foot to our hip. Don't have the foot out here somewhere. If he pushes and threads his foot back to himself, brings knee, turn the knee outwards, and threads the foot back, you'll lose the foot. Okay? This is a common occurrence. So we have the foot, don't have it out here in the air, like so, no contact between us. He turns the knee and limps his leg, and it's gone. And you will often see people pushing strongly with the hands and then limping the leg, and it's gone. So the first thing we do, hug it to your hip. When he goes to limp his leg, it's not going anywhere. Don't let the strength of your hands fight the strength of his legs. You will lose almost every time. He limps the leg, boom, gone. Hug the ankle here, not up by the knee. That's not good. Okay? Then he can jump guard on you. Hug it down here, so you're too far away for a guard pull. Okay? Now he goes to limp out. Secondly, keep him moving. If he's static and hopping, hands on, he can start to break the grip and finish your connection. If you do get the grip broken, don't worry, we'll look at some things to do, but it's not optimal. Okay? We want this guy moving. Okay? I generally recommend don't move towards him. If you move towards him, you give him an easy guard jump. Okay? So from here, I recommend lateral motion away from the man. Okay? Come back this way. Now, once we hit lateral motion in this direction, I'm going to hit a sasae on his remaining foot. That's a foot box. Long hands, hands on. We're going to come in, we're going to rotate, I'm going to pull the head with me, and I'm going to block, hit my chain partner's foot, put him down to the mat. At the very least, he's going to have to post his head on the floor, and that'll give us opportunities to take his back. Okay? So if we hit the foot, and I come in here and I block, he puts a hand down on the mat, we're in a situation now where we can start to take advantage. As he puts hands on me, I step and pull, and I bring his hands down to the floor. Now as he goes to recover his position, he's going to present a situation where I can step over my chain partner's body and hook onto him, and score four points instead of two for the takedown. So once again, I'm going to start off in front of our chain partner. This guy's a stud, and he doesn't go down easily into the initial attack, and as a result, we end up like so. I hug the foot, okay? I don't come too close and give him an easy guard pull. I walk away from my chain partner, pulling the head down. If the head's up, you can jump guard, but I want to circle and pull to

prevent him jumping. Then from here, I block, he puts his hands down, and from here, I pull, and he goes into a four-point position. I keep the head down, and I throw the far hook in. So I turn this foot, step, and we go long hook, short hook. Then from here, we take away the wrists, and we get to our score. You actually do better using this method because he scored two, I'm sorry, four points for the back take instead of just two points for the takedown, okay? Now that's one method we can use, the sasae, or sasae, as it's actually called. My opponent comes out, from here, we come in, we get our grips. We go in just like before, pick, and bring the leg up, okay? Again, he's giving us a hard time from here. In the previous move, I attacked the front of the leg, okay? This time, I'm going to step and back step, one, two, one, two. Do not step towards him. You give him an easy guard pull, and it's very hard for you to make an effective contact with the back of his leg. Step to the side, and back step. Off that back step, you're going to have an easy knockdown to the mat, okay? So once again, we hit a nice pick. We go through, we drag him in, I come, catch, and we end up in standing position. Always I want his head down, and my body's circling. As he goes to stand up straight, we step in, and put him down with old Jigari, okay? Now, a natural question for you guys to be asking is, okay, that's cool, what if I hit an inside pick, and he doesn't go down immediately? Don't worry, there's some good moves we can do there too. So I go in, I bring him in towards me, I hit an inside pick, and we stand up, okay? Again, he's got hands on me. This is even better, because now he can't pull guard, okay? You've got a better position. I'm going to step across his body, and we're going to hit Tani Atoshi, where I block my training partner's foot with my foot. I want to get the sole of my foot to his Achilles tendon. Let's turn this way. I want the sole of my foot to touch here. As I step in, I block, and put him down. I stay up on my elbow, so that when we go to scramble for position, I'm higher than him, and we get to the pin. Don't finish on your shoulder, where he might end up getting on top of you, okay? So once again, we come in, we hit a good pick. Under these circumstances, I come in and catch. Unfortunately, I'm not able to put him down immediately, okay? From this situation, I start moving across my training partner. I step out wide, and I block with Tani Atoshi, and as a result, we're in perfect position to come up and score. These are some very effective ways to score with high finishes, which will become very important as you deal with better and better opponents, and the traditional low finishes become more and more difficult.