

Metadata: https://www.youtube.com/watch?v=jd5g_ZEseds

Now, we're going to look, as we always do in the Into the System series, at the central problems involved in the move that we're interested in. A big theme of the Into the System series as a whole has been the idea that Jiu-Jitsu is ultimately problem-solving activity. Your opponent presents problems to you, you've got to solve them in the time available, and whoever solves each other's problems at a faster rate with better solutions typically wins the fight. Jiu-Jitsu, like all the other submissions in the series, has a set of unique problems. Your ability to identify and overcome these problems is going to essentially be the factor which makes you either successful or unsuccessful out there on the mat with your opponents. Let's look at Jiu-Jitsu in three different contexts because, interestingly, you're going to find that the central problems change with each context. You can attack your opponent from the front, you can attack your opponent from underneath, and you can attack your opponent from the back. You're going to find that the central problems of Jiu-Jitsu change relative to which one of those scenarios you find yourself in. We're going to start off in what I believe is probably the most problematic situation to employ Jiu-Jitsu, that's where you're underneath people. What you're going to find is that there are three central problems associated with attacking Jiu-Jitsu from underneath. One of those problems, and probably the one that gives you all the most issues when you're going to apply this when you first start off with Jiu-Jitsu, is the posture problem. If you can't control your opponent's posture, you're going to find it's damn hard to apply Jiu-Jitsu. Another problem, which we often deal with, is the pull-away problem. Your opponent can easily, if you don't do things correctly, simply pull his arm away. This is often linked to the posture problem, but there are some subtle differences between the two. Generally, the more your opponent can posture up, the easier it is for him to pull out. The third problem, the bane of almost everyone who tries Jiu-Jitsu from bottom position, is the stacking problem. You attempt to get Jiu-Jitsu, you enter it successfully, but your opponent keeps you folded in a deep stack, and you can't actually extend the guy and break his arm. Those are the three main problems, the three central problems of Jiu-Jitsu from bottom position. Let's have a look at how we can deal with these. We're giving you an overview now. The precise details will come later in this video, but let's give you a general picture of what we're trying to do with regards to these problems and their solutions. First, the problem of posture. What posture I need to optimally enter into Jiu-Jitsu depends upon whether my opponent is on two knees, or whether he's standing, because they're going to be slightly different scenarios. We'll look at two knees first. The ideal posture for me to attack Jiu-Jitsu is a 45 degree posture, where my opponent's spine and upper body come upwards at 45 degrees. If he's completely down, like so, it's hard for me to actually turn because I can't get past his elbows. If he's completely bolt upright, it's very hard for me to get into Jiu-Jitsu because his elbow is just too damn far away from me. The ideal posture here is around 45 degrees. Our whole thing is to get his elbow towards the center line and maintain his head at 45 degrees. My favorite way of doing this is always through the use of collar ties. We can use either straight collar ties, or outside collar ties, like so. When my opponent goes to yank away, it's physically a very difficult thing to do, whether we go outside tie, or like so. From situations like this, we can always go up to control our training partner's collar bones and shoulder girdle, and from here the turns into Jiu-Jitsu are relatively simple. The best way for me to keep my opponent in some form of 45 degree angle is not just with the collar tie alone, but mostly with our legs, through the use of the top lock. If I have my feet locked at my opponent's lower back in a conventional closed guard, I'm operating, let's see our opponent's spine as a lever, I'm operating at the bottom of the lever, and as a result, he can easily posture up and get away from me. But if I were to lock my guard higher, and higher, and higher on my opponent's body, I'm working my way up the lever. So when he goes to posture up, it becomes very, very difficult. This is the basic insight behind something like Eddie Bravo's rubber guard, which puts the lock of your guard very high on the lever and holds it in place. I'm not a particularly big advocate of rubber guard,

I don't really use it much, but I am a big advocate of top locking, which is where we take our guard and lock it over the top of our opponent's shoulder, so the lock of our guard is behind his neck and head. Now you're operating really high on the lever, and as a result, when my opponent goes to posture up and away, we can easily keep him in that 45 degree posture. If I'm judicious with the use of my legs, if he tries to come forward, that won't be easy either. He tries to come forward into a stack, that won't be easy either, and from here, we can use our leg position to make a successful turn off the shoulder and go through into a winning position and put that man down to the floor. So as much as possible, when we go into a battle for our opponent's posture, the first stage of the battle will typically be through the use of collar ties. The second phase of the battle will be through the use of the top lock, so that when my opponent goes to pull away, you're dominating the end of the lever of his spine, and as a result, we're going to get good opportunities to go into strong judokitami attacks. So that's typically how we deal with the posture problem when our opponent's on two knees. The posture problem gets more complicated when our opponent gets up to his feet. Once they get to their feet, they can get to a kind of posture that will literally shut down your judokitami completely, and this is vertical posture. This is where he would want to be if he wanted to open up my closed guard. So for example, if Plasido is in my closed guard and he successfully stands up and goes into a vertical posture, there's no way in God's green earth I'm going to be able to come up off the floor and attack judokitami from here, his shoulders are a light year away from me in this position. So whenever this occurs, our whole thing is to break him down to a hip. I want to put his hip on the floor. A simple way for us to do this is to scoop inside our training partner's ankle, and from here to use a headspin sweep to put our opponent down to a hip, and in situations like this, now we can start to go back into successful judokitami turns, rolls, et cetera, and put our opponent down. So whenever we see an opponent in a standing situation going up into vertical posture, the onus is on us to break him back down to a hip. Once we get him down to a hip, then we can get back into the business of judokitami. So that's how we generally approach the first central problem of judokitami from bottom position, the posture problem. The next big problem that we often face, and it's probably fair for me to say this, probably the problem that all of you guys out there have the most issues with, is the stacking problem. Nothing more frustrating than getting into a nice judokitami position, and then have the guy just stack his head right over your head, and you can't extend, can't get the arm extended, and consequently can't get the move to work. So how should we deal with the stacking problem? Again, this is more the overview. The precise details will be further into the video, but let's give a preliminary look at it now. We got into the juji position, but unfortunately our opponent started bringing his weight down upon us. The question will always be, what degree of weight has he applied? In the early phases of a stack, I generally recommend sweeping your opponent to his back. So what we want to do in these situations is take note of his base of support. In this case, his right leg. I want to take my hips out beyond my opponent's base of support. Here's a very important rule for you. The direction of force of my judokitami is always revealed by the direction my feet are pointing. So what I want to do in these situations is to get my feet pointing away from his base of support. You can see my feet are pointing out here somewhere, away from his base of support. And as a result, it's very easy for us to put our opponent down and into a winning position. We killed the stack and put him on his back. From here, he's not going to be stacking us anymore. Let's have a look at that again from a different angle. Here, my opponent puts up his right foot and brings his head over my head. My feet are pointing in the same direction as his base of support. So there's no chance of success. If I try to push from this position, it's a losing gambit. But if I take my hips and push them out like so, now when I go to apply the judokitami, my feet are pointing well away from his base of support. And as a result, we can easily put him down to the mat and into a winning position. Now a natural question to ask is, okay, well that's nice, but what if my opponent really stacks me and completely folds my body so that his head is literally over my

head and I physically cannot sweep him over to his back? What do I do now? Well then we go to the next element where we come out the back door and roll our opponent. So from a very heavy stack, where you feel there's just no chance of sweeping your opponent down to his back, and he's completely folding me over, now we simply come out the back door. And as you can tell by my relaxed voice, there's no danger of me being stacked, there's no pressure on my diaphragm, I'm in a relaxed position. And as a result, we can now take our time to turn our training partner through and successfully down into the judokitami. So once again, from a situation where we attack juji, but we get caught in a very deep stack like so. From here, I just come all the way out the back door. And as a result, we're in the perfect position to start a lift and turn that puts our opponent down to a winning position. And the third great problem that we face when we go to apply judokitami from bottom position will always be the pull-away problem. Nothing more frustrating than a situation where you're attacking judokitami, and you go into the turn, and from here your opponent just pulls the arm away. It's just a frustrating and annoying thing. So we have to be able to do things that make it very difficult for him to accomplish this. Let's have a look at some of those now. Once we get into a situation where we're going to attack, the first big element here is the shoulder pivot. I can't just naively go from a top lock and throw my leg over and hope for the best. We have to pivot off the shoulder in a way where my direction foot goes directly over his head. So when he goes to pull out, it's a very difficult thing. Then we have to manage the transition, the shoulder-to-shoulder transfer, where my left knee goes from his right shoulder to his left shoulder. That's done by the downward pressure of my right foot and a small movement that brings me right here, so that my knee is higher than my training partner's ear. Now when he goes to yank away and pull out, it's so damn difficult. And as a result, we can easily put our opponent down and into a winning position. Learning to overcome this constant danger of our opponent pulling his arm free as we make that critical transfer of our leg from one shoulder to the other is a big part of whether we're going to succeed or fail with the Jute Gitame. So those are the three central problems we face with Jute Gitame whenever we're in bottom position. I will add one amendment to the pull-out problem. Sometimes you get an opponent who's just so physically strong, so good at posturing out, that you feel like you did all the things I just recommended and he still just yanks his arm out. In these situations, I always counsel my students, go straight into your opponent's legs. The only way my opponent can pull his arm free is to expose his legs. It's physically impossible for him not to do this. So if I have Pasido on top of me in a situation where, say for example, we've gone into a strong Jute attack and from here I've scooped him to the legs and despite my best efforts, I did everything, you did everything that I recommended, he still just pulled out. Whenever we see this going on, we're just going to go and drop our foot into our training partner's hip on the far side and take our second leg across. So my legs scissor. My two hands go one at the knee and one at the ankle and as a result we can quickly pull our body into a situation where I get his hands down to the mat. Once the hands come down to the mat, we find ourselves either an X guard or my favorite, reverse X guard and from here we can go around the corner and drop our opponent and go into the leg system for which we're well known. This option will be explored in some detail later in the video but that's one of the very best counters to a strong pull out opponent and one we'll be looking at in detail later in the video. So there you have it, the three central problems associated with judo gitame from bottom position and a broad outlook, sorry, a broad look at the various ways we deal with it. The details, the nitty gritty details we'll look at later in the video but that's the broad picture.