

Now, our goal is to make you highly competent in the use of ankle picks. As you start on this journey, you're going to start to realize that a big part of your ability to become competent with ankle picks has to do with your opponent's stance. If his upper body is bent over more than 45 degrees, ankle picks are a fine option. But if your opponent's body is a little more upright, it can be quite difficult now to score with ankle picks, because there's too much distance between my power hand and the foot that I want. And this starts to create situations where, from here, I get separation of my head and his. To be successful with an ankle pick, I need our heads at the same level. And now I can hit an ankle pick. If his head is far above mine, now you get situations where you have no ability to finish the shot. And he has a strong ability to counter you, for example, by stepping over with jiu-jitsu and causing all kinds of problems for you. So what are we to do? One of my favorite things to coach with regards to ankle picks, especially in the sport of jiu-jitsu, is the idea of seeing the special relationship between knee picks and ankle picks. This relationship can be stated in a single sentence, and once you hear the sentence, you'll become much more effective in the standing position if you're going to specialize in ankle picks. If you cannot break your opponent's head down over his foot and create the ideal conditions for an ankle pick, switch to a knee pick. Whenever your opponent denies you an ankle pick with an upright stance, he will be open to a knee pick. And whenever he denies you a knee pick by bringing his head down and blocking your attempt to get to the legs, he will be open to an ankle pick. And so you play these two as a simple dilemma. The more upright he is, the more I will go for the knee pick, kuchite daoshi. The more bent over he is, the more I will go for the ankle pick, kubisuge-eshi. So once again, you see it, guys, how incredibly important understanding stance is to the standing game? Okay, it's such a big deal. So as we come out towards our training partner, we'll set her up, right versus right situation. Iotsu, like so, he comes in and makes a grip. From here, I shrug his grip off, okay? Now we want to get hands on this fella, so we start dancing. To the outside flank position, we put hands on. I see he keeps an upright posture. As he puts hands on me, we're in a situation now where I would love to get him bent over and create a situation where I can ankle pick. He knows that. Perhaps he knows that ankle picking is one of my favorite moves. And so when I start moving him, I see him in an upright posture. Now from here, I'm going to go in and knee pick. I bring my head through, like so. Don't bring your head in the middle. This is not a single leg, okay? My head goes underneath. He goes to sprawl, runs right into this movement here, okay? My drive leg goes up, and we put him down with a knee pick, okay? The only way a guy can defend knee picks is with head position, okay? If he goes for a knee pick on me and my head is in here, he's never going to get to a knee pick. If my head is upright and his head goes under, he'll get to a knee pick all day, okay? So the way you block knee picks is with head position, okay? He goes for a knee pick, can't do it, okay? So if I find, grip up, I come in here and he stops my knee pick with head position, this is the ideal time for us to start going into ankle picks, because now his posture is in that bent over position that makes ankle picks so easy, and we can take advantage of the long reach of an ankle pick and put him down. So we play a really simple dilemma game. We come out right versus right. He comes in, makes his grip, we come through and push it off. I see he's playing upright posture, okay? I'm trying to pull, trying to break his posture, can't do it, can't get to my ankle pick, so I come straight in and we hit a nice knee pick down to the floor, kajiki deoshi. So essentially what we do here is we play a dilemma game based around our opponent's head position. Once we come out right versus right situation and he starts snapping our training partner's grip off, I look at my opponent's head position. If the head is upright, okay, we're in a situation where I start pulling my training partner and I feel like I cannot pull the head down to 45 degrees, he's more upright, this is the perfect time. The leg is open for kajiki deoshi, the knee pick. There's nothing between me and his knee. So I start that motion of driving in and getting to our training partner's knee. We pull down, drive, and put him down to the floor. The only way he's going to have a good chance of stopping that is with head position. So as he comes out and makes grips,

we shrug everything off, and then from here, he puts the head down low, okay? Now it's hard for me to hit the previous move. So under these circumstances, we give a step and pull, and now we come in and we start hitting head, step, and step. So in a realistic combat situation, we start off, we come out towards our training partner, and he goes on right versus right, we start snapping the grip off. From here, I see him in an upright stance, we're going to drive him through and place him down with kajiki deoshi. Now he does a good job with the head position, bailing us out. We come out right versus right, we snap his grip off, and from here, we start throwing the man around the corner. Now from here, we come all the way through the ken and drive our man straight down to the mat, okay? Please understand that this dilemma goes both ways. If I feel we're out here, he makes grips, and we go through, and I feel I get him bent over, but before I can hit the ankle pick, the head starts to rise, then this is the perfect time for us to go across, either inside knee pick or outside knee pick. In general, I tend to favor inside knee picks, okay, because he's ranging more across your opponent's side instead of inside your opponent's guard. So I have a general preference for the inside knee pick. But please understand, you can hit a pretty good knee pick on the outside too. It's a good move. He's in here gripping. I snap everything off, and I feel he's in and out by his stance. It's a perfect move to come straight through and pick on the outside. It's not quite as efficient as an inside pick, but still pretty good. If we understand the relationship between head position and the knee pick and the ankle pick, you're going to create a dilemma, whereas your opponent prevents you from scoring one, you can always score the other.