

Another golden rule of takedowns for self-defense and street applications. Favor takedowns where you remain planted on two feet for the greatest time possible. There are many takedowns in jiu-jitsu where you've got to be hopping on one foot. So for example, variations of Osorogare. If I hook onto my training partner's leg and I hop and drive, when I perform the Osorogare, I'm on one leg. So as we come in here and I make my initial contact, I'm on one leg because I throw my training partner. Uchimata. If I'm here with a training partner and I hook in and we start attacking with Uchimata, we're on one leg here. Haraigoshi. I come in with my training partner and we hook, I'm on one leg because I go to throw my training partner. I'm not going to say, don't ever do these moves in a street fight. You might be damn good at these and you feel very confident. But what I am going to tell you is this. You don't get to choose the environment in which you get into these confrontations. They often end up choosing you. You want to favor takedowns that will work on any form of surface. Sometimes, in my case, I would have to fight on dance floors that were covered in beer and alcohol that had been spilled in the course of a fight. And it was like an ice rink. And I didn't want to be hopping on one foot under those circumstances. Sometimes you fight on uneven surfaces. You fight in situations outside in wintertime where you're working inside in a club, you come outside and there's snow and ice on the ground. I don't want to be hooking on one foot on ice. It's a recipe for disaster. You have to do this on uneven ground, slippery ground. You don't know. So the more rooted you are to the ground, the more you're on two feet, the less likelihood that you'll fall in awkward ways down to the ground. So, for example, if I have a choice between Uchimata, where I'm hopping on one foot, versus Taitoshi, where I'm planted on two feet, you're damn right, I'm going with Taitoshi. If I have a choice between Osorogari, where I'm hopping on one leg, versus high single leg, where at all times I'm on two legs, two feet on the ground, I'm very stable in these kinds of situations, you're damn right, I'm choosing the high single leg. If I have a choice, when I'm behind someone, of a high lift, where I use my leg as a sweeping leg, so I come around the corner, and as I lift and I take my left foot and sweep my opponent, I'm on one leg, you could fall off, as opposed to planting my feet under these circumstances. And from here, keeping my two feet on the floor at all times. Choose the takedowns where you have maximal contact with the floor with both feet. Those are going to be the ones where you're at your most stable and you're least likely to slip, fall, or somehow end up underneath your opponent in a self-defense situation.