

Okay, let's start giving you guys the skills that are required to start taking people your own size and skill level down in three to six months, courtesy of the single leg. Let's start off in the ILC situation, the most common, because most people are right handed. From here, we come out right versus right situation. My opponent comes out and makes his grips. We go through, we get a good cuff grip on our training partner, and from this situation I snap the grip off, I start moving to an angle, I put my second hand on, my head goes towards his opposite shoulder, I shake my hand in. Now I need to switch my stance. I'm standing right side forward. As I step, I pull, and my stance switches. That's going to create the ideal situation for me to come in and control my training partner and bring the head down to the same height as my head. My hand is above his knee, here. My head is up, back straight, hand in, pulling his head down. I come in by putting my foot to my knee and walking towards his opposite leg. So we get good control of our opponent's leg, just like so. Okay? So once again, IL2 situation. My opponent comes in, makes his grip. We get a hold, just like so. I snap my training partner's grip off. From here, we start dancing, we get our second grip on, I start pulling my training partner and we end up like so, switching my stance. So I was right foot forward. As I step, I switch. Now I come straight on in, make contact, pull down on the head. So his head's roughly the same height as mine. I come in one, I walk towards the opposite leg, and we're in good position. From here, many ways for us to go. What I like to do is start by getting his hand to the floor. If he grips my sleeve, okay, hard for me to make switches. I can't go to a double leg. If I try to go to a double leg and he holds his sleeve, I can't. So what I do is I put his hand on the mat by rotating and putting pressure forward. Now as Giancarlo comes back up, I walk and I drop and I go forward to get the second leg. So once again, IL2 situation, he gets a grip. I go in, I get my grip. I snap his grip off, I bring the hand across the body and I come in just like so. Now I step to the outside and I go around the corner and pick up my training partner's leg. I bring his head down so I can come up, up off the floor. He grabs my sleeve, I rotate and bring his hand down to the mat. As his hand comes down to the mat, I walk back and away and I draw his leg in. Now there's nothing on my sleeve so I can go forward and put him down. Once again, single leg situation, my opponent comes out. IL2, snap the grip off, rotate, grip, step and circle. From here I go around the corner and there's my lock. His hand comes down to the mat, we come up off the floor. I put his hand down to the mat. As he straightens up, I walk backwards, lower my level and catch the second knee to put him down.