

Let's spend some time making a special study of what I believe is the single best street adaptation of takedowns, the high single leg. The high single leg does a better job of satisfying all of the golden rules that I gave you than any other takedown. If I could only have one self-defense takedown for the rest of my life, I would unquestionably choose the high single leg. Why do I put so much faith on the high single leg? Well, first of all, it works equally well in situations where I'm in front of someone. In a high single leg, it's perfect when I'm in front, working like so, but it's equally good when I'm behind someone. When we're working behind someone, you just step to the opposite foot and you're in the perfect position now to come up with the high single leg as we did before, so it's equally good from front or back. Secondly, it works on all body types and all sizes. I remember working in the 1990s in a nightclub on Sunday nights for a party which often used to invite NBA players, basketball players, and on several occasions I had to take out one player in particular who was always a source of trouble. He was 6'8 and very physically powerful and very athletic, very gifted. I remember one time going for a lift from the back and I literally came in here and lifted with all my might and him being so much taller than me, I didn't even get his feet close to coming up off the ground. He just kind of looked around like someone was playing with him, like, what are you doing, buddy? I had to switch from the lift situation and then immediately go in and take the leg up high and get him walking, but this had no problem getting the man moving, okay? I've also had situations where you have to take someone down who is so big through the waist that I literally could not lock my hands, okay? Takedowns that normally work well here, I've had situations where I literally couldn't join my hands and you've still got to be effective, okay? In those situations, still, I don't care how big he is, the high single leg will still work just fine. No matter how thick his waist might be, I can always get my arm around his leg and ankle, okay? So it works on anyone regardless of height or size. You can always get their leg up in the air, okay? It's incredibly effective on all body types. It keeps both of my feet on the ground. It works well and enables me to get close to someone. So when he goes to punch me, headbutt me, it's not easy, okay? I can attack either leg with equal efficacy and attack my opponent. So if I lose one leg, I can always attack the other. So if we're in here and he pulls the leg back and I lose it, there's no reason why I can't get to the second leg, okay? It's just so damn hard to defend, okay? You stick one leg back and you're off on the other. It adapts well with the other takedowns that we work with. If I come in on the single leg, it's a very easy transition from here to go to the waist and slip behind my opponent. And then from here, we can use the other takedowns that we'll be demonstrating. It works very well, for example, with Tai Otoshi. If I'm in on the single leg, I can always come up and then drive straight across and switch from single leg to Tai Otoshi. So it's an incredibly well-adapted takedown for self-defense purposes. When I'm in on the single leg, you might say, wait a minute, couldn't you be punching the face here? Couldn't you just hold Katae and just punch him in the face? Sure. If I naively stand like this. But we'll be looking at the idea that when we get to our opponent's leg, we should be able to create an almost instant Kazushi on our opponent. When I get contact with my opponent, there should be almost an instant Kazushi. It's so hard for him just to maintain his balance, but he's not even thinking about punching me. And then from here, you can always make his hands go down to the floor. Now he can't punch you. So it's hard for the guy to hit you when you use it properly. And you can make his hands go to the floor and completely shut down his punching offense. So for these reasons, I favor the high single leg more than all the others put together. We're going to make a little study of it and show how it works so well in self-defense applications.