

We're going to spend some time looking at the ankle pick, kibisugeshi. This in my opinion is one of the absolute most effective takedowns in all of jiu-jitsu. One of the chief advantages of ankle picking is it never puts you in exposed positions where your opponent can put his weight on top of you. It creates situations where you can easily draw a leg together and put your opponent down attacking either leg. The most common form of ankle picks involve attacking the outside of my opponent's ankle just like so, making sure that our hand comes all the way down so our pinky knuckle is on the back of our training partner's Achilles tendon. Don't grab on the calf muscle, don't grab the pants. Make sure we come down and trap all the way so your pinky knuckle is almost touching the floor. A key element in any ankle pick of any kind is the idea of putting your opponent's head over his foot. If his head is over the opposite foot and you're trying to ankle pick here, you're never going to score. The whole idea is to bring his head over his ankle and it's that which creates a situation where I can pull. The direction of the pull is typically in the direction the toes are pointing. That creates the least friction with the mat and creates a good knockdown to the floor. So the main points I want you guys focusing on mechanically will be the idea of taking your opponent's head over the foot that you wish to attack, making sure we go all the way to the heel. Not here, not here, not the pants. Head down here and then pull in the direction the toes are pointing. You're going to need what we call a drive leg. A drive leg is a leg behind me, like so, which enables me to drive off the mat. As we hit, the drive leg will come forward and the second leg will come up and form a shelving effect. If my opponent goes to stand up from here, his leg's on a shelf, the only way you can do it is to step over my body and that'll create back exposure and an exposed leg where we can put our opponent down. Now those are some of the key mechanical points, now let's start to look at some of the key tactical points. When we go to hit an ankle pick, you'll have a shot hand that goes for his heel and you'll have a shot leg that puts you in a position to score. They are always the same side. What I don't want to do is have the wrong leg forward, then you get extended in weak positions. I always want my shot leg here and my hand to be the same. That's what puts him in a vulnerable position to be taken down to the mat. So let's have a look at this in operation now, okay? We're going to start off right versus right, IOTU situation. He comes out and makes grips. I go through and I get a hold of my training partner's grip, like so. I put my hand on, he puts his hand on, so we're neutral. From here, I snap his grip off, then I start dancing. When I dance, I'm currently right side forward. I need to switch to get my shot hand and my shot foot on the same side. There it is. Now I lower my level and I replace my foot with my knee. As a result, I have a drive leg behind me. I pull the heel in the direction the toes are pointing. I switch knees and bring my second knee up. I take my hand back so there's no armbar finish that can upset me at the end. My hand comes back. Now if he stays on his back, congratulations, he scored a takedown. If he desperately tries to come up to a hand and heist over the top, you're going to come up in a situation where you've got a back exposure ready to score, okay? Most of the time in beginner level jiu-jitsu, they just accept a takedown and you'll score pretty easily. So, right versus right situation. I come in, I get my initial grip. From here, I put my second hand on, snap his grip off. If I didn't snap the grip off and he stiff arms me, then I'll never get to the heel. So I need to take that power hand off. I snap it, I bring it across the body, and I start the circle. I switch my stance, I bring his head over the top, and we catch. Now I just pull and pick. My hand comes up, he goes to stand with me, and I'm standing over his body, okay? Making it very hard for him to get away. Right versus right. He comes in, makes a grip. I get my grip. As we dance in this position, I go through, snap his grip off. Now I start the action of rotating. My body comes down, and we put our man straight down to the floor. One more time. Right versus right. Hand goes in, secures an initial grip. As we play, second hand goes on, snap the grip off, switch our stance. Everything comes down to the floor, and we secure the two-point takedown.