

Now, one of the other golden rules of self-defense takedowns. Whenever you go to take someone down, you have a fundamental choice between takedowns where you face your opponent, okay, looking from the front, versus takedowns where you are behind an opponent, looking from the back, okay? If you have a choice in self-defense situations, always favor the takedowns where you're behind your opponent, okay? You're not always going to be able to do this, but if you have the choice, do it. When you're in front of people, you're in front of their major weapons. You can be headbutted, you can be elbowed, boom. You can be punched, up again, boom, like so. You're right in front of his main weapons. You can be knee'd, you can be kicked, okay? So all of his major weapons work when you're in front of your opponent, okay? That all changes when we get to situations where we get behind an opponent, okay? Once we get behind an opponent in situations like this, we have a choice between body locks. These are very good, but please be aware that when your opponent's two elbows are free, I can't be naive and get hit, okay? If we've got to work in this position, we typically put an ear on our training partner's back. Even better, we tie up a training partner and we go cross wrist and bicep. So now he has no ability to hit me on that side, and it's very, very easy for me to start walking him down to the mat, okay? So if we ever have a choice between working from in front of people, which is okay, it's not wrong, you can work from here and put a lot of people down if that's fine, okay? Versus the situation where we end up behind someone and work from situations like so, where it's going to be so much easier under these circumstances to go and put someone down and in control from the back. Always, guys, favor the back. Now, please understand that you can start in front of someone and perform a takedown and transfer to the back, okay? So, for example, I could hit a classic takedown from the front, the high single leg. If I come in on my training partner, we're in a good position like so, I can take the leg up, I can roll my opponent, I go in, I take the back, he stands back up, and now we find ourselves in a position where we're behind our opponent, okay? But if you ever have a choice in a standing combative situation between operating in front of the man versus operating behind the man, operate behind the man. Everything's easier, okay? Here you have your opponent has many weapons that you can hit with, okay? When they go behind someone, he has very, very few, just a few elbows from the back, not much, okay? And you, at any time, can put his hands on the floor, okay? You, at any time, can engage in various ways of lifting, throwing someone, and transferring things to the mat, to the street, in this case. So, if you have that choice, get behind your opponent. Everything's easier when you get behind people, especially in a situation where it's kicking off and getting physical and a self-defense scenario.