

Metadata: <https://www.youtube.com/watch?v=qTyOZ7tEKBE>

Okay, guys, I'm here today with George Jessup and Eli Nye, huge honor for me. Guys, they have a very, very nice YouTube channel called Nye Jiu-Jitsu, where they pretty much do self-defense for Jiu-Jitsu, Jiu-Jitsu for self-defense, and they break down all the Jiu-Jitsu moves for self-defense, and it's very, very nice. And today they just shared an entire instruction with us, all about Kimura for self-defense. So they will show us here how to use a Kimura on a street fight. So you're fighting against someone, someone is attacking you, how can you find the Kimura from there? So I'm very excited to learn from them, and let's do it. So I feel like the Kimura can be a really powerful, it's a powerful tool just in grappling in general and any kind of context, but for a self-defense context, it really offers us a lot of versatility and a lot of options that appear. The one that we're looking at here from standing is like, if we're in this kind of situation preceding the event, and I feel like Jared's loading up, he's giving me all kind of indications that he's about to swing on me, and so if I crash this distance here like this, and sometimes off of here we can go into different kind of positions, but if we just get kind of tied up in this kind of 50-50 kind of over-under type clinch like this, then something that happens whenever we're in this position, maybe it's that I can't quite access to be able to get my double underhooks, and so instead I'm going to slide back, I'm going to push this one here down by my waist, and then from there I'm going to bump a little bit on this side to create the space that I need to be able to come over and shoot through this direction. So once I get this configuration, now I have this double wrist lock or the Kimura set up like this, then now from here I would like to be able to get to a more stable platform, more stable position. I could pull guard, but that puts me on bottom, and so that comes with its own set of problems. So what we're going to look to do instead, I'm going to put my foot, I'm going to hook inside of his hip, I'm going to step to the outside and do a bit of a pistol squat, and then kick over with it from here. Now I could land topside over here on this side, and I still should have the configuration in place to be able to finish. So I want to switch my hips out, I want to step up above his head here like this so I have a good triangular platform to be able to finish this position here. Now it's also kind of, I want to take into consideration because of the context of this, that this arm over here could potentially do damage, so if I can staple with this shin while I'm doing this, that's one thing that I want to kind of focus on. And so now from here, I want to be able to pull this elbow up, keeping the wrist down, I'm kind of stabilized over him, I can finish that kimura from there, and at the very least he won't be punching me with that arm anymore. No, I love it. Oh, and a quick thing here, so imagine that many times you will be fighting against someone who doesn't even know any jiu-jitsu. You can probably finish the kimura from the standing too, right? Probably. I guess a person who understands jiu-jitsu would be hard, but I guess someone who's just tried to attack and has never done any grappling, you can probably go from there as well. That's something really important, and we kind of touched on that several times during the instructional that we shot, that these are mostly for lesser skilled opponents. We don't plan on like, I don't plan on starting a street fight with anybody, and I don't expect that Bernardo Ferreira is going to go around starting street fights either, you know? So it's like the likelihood of somebody coming and starting a fight with you or you getting into some kind of street fight situation, probably an unskilled person who's looking for trouble, so they're not going to have the most technical responses. It doesn't mean they're not dangerous, they can still be very dangerous, but their ability to kind of escape and counter different things, that's going to be minimal. Yeah, so maybe one more time? Absolutely. Alright, so another thing we can look at from here, so he comes in, I cover, we end up at this 50-50, as I come down to make the grip, I do the bump and my arm comes all the way over. So I can step, I can also step in right here and come up, and this helps me really isolate the arm. Now I can just kind of hop, I'm going to have a seat right where he doesn't have a base, that's going to help me, I'm going to sit down right here, and that's going to allow me to kick him over. And as I kick him over, I don't want his arm to connect to his chest, so I'm going to bring the elbow over and just sink it right

here to the ground. Now, from here, I may lose this grip in the process, so this is fine, it's still contained. As I come up, I need to distribute my weight, so this is the prying arm right here, so I can rip up right here. So I don't want to come here and try to lift right here, the weight's on the elbow so it can't move. So I put my belly kind of away from his head, I drop my ribs right on the ball and socket joint of the shoulder, and then I'm going to bring the elbow up and the wrist back for a pretty natural come over right there. Yeah, that's awesome. And I love how you guys protect the punch, so what exactly do you do from there, Jerry? Just some kind of a high cover, so I mean, I want to make a good helmet, I don't want to try to necessarily block here, because depending on his velocity, a couple different things can happen. One, he can still get through, two, he might make me punch myself, or even holding out here sometimes will kind of rock me. So I want to get to inside here like this and make this cover like that. So then I could go double unders possibly, but sometimes things just happen and you wind up in this over-under clinch and that's where the opportunity comes from. There's a tendency to want to interact with the punch itself, to do this kind of interaction. I don't want the punch to come right to my face, so I'm just going to let him come in and I'm going to close the distance. Yeah, he doesn't have any, man, that's awesome, that's awesome. Yeah, so guys, they just showed this entire instruction all about Kimura for self-defense and a lot of sequence, like Kimura's from everywhere for self-defense, so it's very unique and it's going to be at bjfanatics.com and effectiveselfdefense.com, so make sure to check that out, and maybe by the time you're watching, it's already there. Thanks so much, man. Thank you. Thank you so much, it was an honor. Please help me out to grow my YouTube channel, just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed.