

Now, one of the most important themes of this video has been the distinction between Tenki Yotsu situations and Ai Yotsu situations. We've seen earlier in this video that whenever we go into standing position, the first thing that we look for when we observe our training partner is, are they standing right-handed or are they standing left-handed against us? Because this will determine a large part of how we go to grip them and how we go to attack them. It will influence almost every aspect of the standing position, okay? And failure to make this distinction often ends up in failure to take people down or effectively pull guard or what have you. Giancarlo and I are both right-handed, so almost all of the ankle picks we've demonstrated so far have been from right versus right situations, or the so-called Ai Yotsu situations, where we both have the same side forward. You've seen that from right versus right situations, we have to switch our base and create a shot hand and a shot leg on the same side, okay? And everything we've done has been to start in this position, okay? Earlier in the video, we've also seen that it can be a little risky. Not always, but against a good opponent, it can be a little risky in these situations to just come out and put a hand on someone. You can get thrown in situations like this, okay? So typically, there has to be some kind of grip strategy. I will, for example, often take a left-handed grip, a reverse power hand, and I will cross grip it and start pulling and creating situations where I can make a good attack on a training partner, okay? That's all outlined in the grip fighting section. Now an obvious question for you guys is, okay, every ankle pick you've demonstrated has been right versus right. What do I do if my opponent comes out left-handed and I'm right-handed? The so-called Kenki Yotsu situation, where we have opposite stances. I'm standing with one foot forward and he's standing with the opposite foot forward. What do we do now with our ankle picks? My general word of advice to you is, in most of these situations, I tend to favor inside ankle picks, okay? There are some exceptions to this. But most of the time, in a Kenki Yotsu situation, I will just attack his lead foot with an inside pick. Let me demonstrate. Okay? I come out right-handed, and I see Giancarlo come out left-handed, okay? So we're already starting to think, okay, this is a Kenki Yotsu situation, and I will adapt my gripping strategy accordingly. In the Kenki Yotsu situation, most of the time, it's safe for us just to go straight in and jab or fence the power hand in, okay? As opposed to the Iyotsu situation, where this can be a little hazardous, because now he has just a short turn and throw, and I'm in trouble, okay? In the Kenki Yotsu situation, it's much safer for us to go straight in and just make a connection on our opponent like so. You will notice now, because Giancarlo is standing left-handed against me, his left foot is one that's closest, okay? So typically, what we do is we dance away from it, just a little like so, and this creates a situation where we have short hand and short leg on the same side, and then from here, we pick, knee slide, and put our man down to the floor, okay? So in most cases, Kenki Yotsu, we attack the foot that's closest to us with an inside pick. So we come out right-handed against our training partner. I fence my hand in. I can go straight, or I can feed it, your choice, okay? Now from here, I dance away from the leg, and I pull it in towards me. Now I don't want to create situations where I can't put weight over my training partner's foot. If I come in here, you can see that I have hand and short leg opposite side, and this can create problems, because it shortens my reach, okay? So typically, what I like to do under these circumstances is switch my base. Now you have much greater reach. You can go in, create a drive leg behind you, and put your opponent down to the floor. So this is going to be the preferred method, okay? So once again, we start off opposite stance. I go through, and I make a grip. When I dance out to the side, I'm going to switch my base. So I dance, pull, there's the switch. So now we have short hand and short leg on the same side, then I go in and score. We now have a drive leg behind you, as I extend, we knee slide, and put our man down to the floor. Kenki Yotsu situation, catch. If I just go straight down from here, I tend to shorten my reach, okay? It's not the end of the world, because he's still, there's no back exposure, at least in the Kenki Yotsu situation, but it's not optimal. I'm not going to say it's 100% wrong in Kenki Yotsu, but it's not optimal. The optimal situation is one where I switch my base, like

so. Now short hand and short leg are on the same side, it creates a drive leg behind me, and I need to knee slide, so he can dominate me and take down, okay? Now, does that mean I can only shoot inside picks? Nope. You can hit outside picks, but you are going to have to drag his leg forward, okay? So from Kenki Yotsu situation, we come out towards our training partner, I'll come in, and I will dance away from the leg that I want, okay? So I bring my body, feet close together, and I step, and I pull, and the leg comes in. Once again, from here, I'm standing right side forward, I keep my head in front, if my head's not in front, and I naively stand like this, he goes double leg, and you're in trouble, okay? So my head blocks him, my foot comes in, and I step and pull, and now I'm in the perfect position to come down, knee slide, and put that man down to the floor, okay? So that's how you attack the outside pick in the Kenki Yotsu situation. So let's have a quick review of this. We come out towards our training partner, I lock up. If I want the foot that's closest to me, I just pull and switch my base, so I can come forward into my pick. If from Kenki Yotsu, I come into my training partner, I want an outside pick, then from here, I bring my head into a good defensive position, so it's hard for him to shoot from my legs, and as a result, I can step, pull, create the situation I want, pick, and put our man down to the floor in a Kenki Yotsu situation, okay? So those are some simple ways for us to modify the pick for Kenki Yotsu. Let's quickly go further into this now, and start incorporating the idea of movement, and how movement can create very good knee picking opportunities. When we go Kenki Yotsu, you're going to notice, using the stance, that the pyramid position, which is defined as a straight line forming a triangle, where the apex of the triangle represents the most efficient direction of pulls and pushes, okay? Take your stance. If I stand on the apex of that triangle, that's where I can push people and pull people most efficiently, okay? In Kenki Yotsu, I recommend to you, get to that pyramid position, okay? So we come off in front of our training partner, and I come in, and I get my first grip. My whole thing is to pull with my arm and get my partner's body behind me. So now I'm in the pyramid position, okay? I'm not a big fan of just gripping and shooting without first moving him. You can do it, as we just demonstrated. You can get to situations where there's very little movement, and I have to create situations now where the short leg and short hand are opposite, and you can kind of pull it off. It's not impossible, but it's not optimal. Much better is to create situations where I get hands on my opponent, and I move across in front of him, and I pull with my pal hand, so the Gi and Kawa is taken out of balance and into a situation where I'm in the pyramid. Once we get to the pyramid, from here, I'm going to take my foot, pull, and create situations where I can go on either leg and put this man down to the floor. So my general advice for you when you're fighting Kenki Yotsu for ankle picks, get to your grips and play a one-handed game. Don't let him grab your short hand. Now he controls your short hand, he can't shoot, so keep your hand away from him. And play a one-handed game that involves dancing this way. As I dance left, I pull right. Now when I pull, I switch my base. If I miss the foot that I want, I come in on the other side and pick. You can go for either one of your opponent's legs now, as opposed to shooting from a stationary position where I can only go for one leg. This one's out of distance. I can only go one side. But when I dance to the pyramid position, now I can go after either one. Now I just step, step again, and we find ourselves in good position to take him down. So those are my general recommendations when you want to hit a nice ankle pick from the Kenki Yotsu situation.