

We're looking at the idea that hockey fighting, because it has a uniform and a fair degree of artistry and technique and strategy for using clothing, has quite a bit of relevance to our study of the use of clothing for takedowns in a self-defense context. So far, everything we've been doing has been situations where we've worked with grips to our training partner's torso. These play the same role that power grips play in the sport of jiu-jitsu. They get control of your opponent's head and torso. But when we did our grip fighting in jiu-jitsu, we saw that there are also grips to our training partner's sleeves. And if we move and control the sleeves, we can create advantage on our training partner, which can translate into throws and takedowns. I'm sure you all remember that. Same thing is true in hockey fighting, and it has relevance in a self-defense context. One of the best strategies that hockey fighters often employ is to grip sleeves. Let's understand that hockey uniforms are particularly well-adapted to this. Most of them feature bands and ambulance around the arms, and people take four-finger thrusting grips and lock in. This creates tension in the uniform. When he goes to move that arm, it's impossible. Then we do the same thing on the other side. You have double-sleeve grips. This puts my head in a position where it's 100% safe. Watch my arm position. When I go double-sleeved, don't be naive and just grip like so. You want to maximize your strength potential by doing something like a tricep press and turning your thumb down. With head position here, when Giancarlo goes to punch me, it's physically impossible. You have a pushing shoulder that you can use to move your opponent around the ice. When he goes to punch, it's physically impossible. Your head's in a completely safe position where there's no punch you can use. You, on the other hand, have this ability to move him around wherever you wish. This would be an excellent form of advantage. You control both of your opponent's arms. He can't hit you. You're 100% safe. Now that's good. You're safe, but at some point, you want to actually win the hockey fight. Now we go to a transition. Let's go here, buddy. Left versus left. From here, our first thing is to get a hold of our training partner's sleeve cup. That's a very easy grip. I use that to pull in on my training partner and get my second hand right on. As a result, we come down into this safety position here. My head on the outside. When he goes to punch me, impossible. Now watch my left hand. It goes from a safety position. I can do this because my head's in a safety position and I reposition my hand and it becomes a power grip here. When we separate and I push, what have we got? You remember this from jiu-jitsu? We've got two grips on him. How many grips does he have on me? Zero. This is two on one. Sorry. Two versus none. The same situation that we have in jiu-jitsu as an advantage grip where we can throw people. From here, when he goes to grab me and put a neutral hand on, he can't. I can move, pull, and create the best situation of all. I have a grip on him. He has no grip on me. As a result, his head is down. You have angle. When he goes up, he goes straight onto your punches, whether it be underhand or overhand. Once again, as we come out towards our training partner, we come in, we catch. Second hand goes over the top and we get safety position, completely neutral. If he goes to punch you, can't do it. Now from here, I transition from neutral to advantage. This hand here comes off. I can do that because my head's at a safe position and it goes to become a power grip here. Now when we circle away from each other, we have the advantage we're looking for. You have angle on him. His head is down. When he tries to recover head position, he comes onto the various punches associated with this position. We transfer it, just as we do in Jiu-Jitsu, from two versus none advantage gripping and into a win with fist to cut.