

Now, one of my favorite ways to get into a double leg in the kinky Aussie situation, my opponent comes out, gets a power grip, okay? From here, I'm going to go through, I'm going to fake the sleeve, he goes to pull away. I come up and I lock onto my training partner's body like so. Got to be careful of this. Now my opponent has my sleeve, if he can turn my shoulders, he can throw me, okay? So it's important under these circumstances. He gets a grip, I get my grip, I want to take my hand down and get a good grip all the way on his hand. Don't grab the wrist. It's not adequate. I want to take my thumb all the way to the bottom of his hand and push his hand across the body and snap the grip off, and as a result, take the hand down. Now I take a step and pull, and I square my man up. I'm in the perfect position to go straight through now and score my double leg. So once again, Kenki Otsu situation. From here, he comes out and makes a grip, okay? I go through on my training partner and I take a grip on my training partner's opposite lapel. My hand goes like so to his forearm. I take a step back and I set my hand all the way down by the apple of the hand. This is the apple of the hand. If I grab the wrist, it's inadequate. I want to grab the apple of the hand. So when he grips, I can turn it and break the grip. It's like I want to expose his watch to my opposite lapel. You will not be able to do this on the wrist. So put your hand on, take a step back, put it in place, and break the grip. Kenki Otsu grip. My hand goes to his hand. Don't try and do it stationary. Take a step back, break the grip across, pull, and you're in perfect position to go on through for your double leg. So once again, Kenki Otsu situation. He comes out and makes a grip. I get my grip. We move from here. My hand comes in all the way back. Snap the grip off and double leg. Very simple, very effective way in Kenki Otsu to get you a double.