

Let's start getting into the mechanical details that you're going to need to develop a successful ankle pick or kibisugesshi in a competitive setting, when you're sparring in the gym or you're entering into a competition. The first thing that I want you to learn and understand is there is a correlation between what we call the shot hand and the shot leg, okay? What does this mean? Let's define our terms and then we can show how this is going to make an increase in your performance. Okay. Whenever you go for an ankle pick, one of your hands controls your opponent's body, okay? You have a choice between going for a lapel grip, cross lapel grip, shoulder grip, over the top. You can even have your hand on the floor, okay? We'll be dealing with this as we go through the demonstrations. But something has to anchor me to my opponent. So I have an anchor hand that anchors me usually to my opponent's head, but it can also be the floor in other situations as well, okay? We control our opponent's head through the anchor hand, which controls anywhere around here, here, or here, okay? Now the second thing we have is we have a shot hand. That's the one that actually shoots from my opponent's ankle, okay? So shot hand. And you have a shot leg. And let's understand the most important thing. The shot hand and the shot leg are always the same side, regardless of the ankle pick, okay? That's so important. I'm going to say it again. Your shot hand and your shot leg are always the same side, regardless of the ankle pick, okay? When I come in here, if I have opposite shot hand and opposite shot leg, something bad happens. I come in on my training partner, and I end up with a short reach. So when he steps back, you tend to come up short. Not only do you come up short, you come up short with the beginnings of back exposure. So when he starts pulling me forward, I go forward and my back gets exposed, he runs behind me, and we end up in dreadful situations like this, okay? Because you made the mistake of failing to correlate your shot hand and your shot leg. You shortened your reach, and you partially exposed your back. Two things that we don't want with ankle picks, okay? So what we do want is something like this. Once we've established our anchor hand on our training partner, I want to get into a situation where my shot hand and shot leg are the same side, okay? So that when I go for my training partner's heel, you've got great reach. I could go way past his heel and make good contact. So even if he steps back, he steps back into my hand, okay? So you've got a tremendous reach. Moreover, my chest faces my opponent. So even if he steps out, my chest is facing him. We're not pointing out here somewhere where there's a partial back exposure, okay? So correlating the shot hand and the shot leg is crucial for preventing back exposure and lengthening your reach to get to an opponent who's got fast feet. If I've got this situation here, I'm shortening my own reach for the leg. He steps back, and it's gone, okay? When I come in here, he goes back, he just runs right into my hand, okay? You've got a much longer reach, and you're facing your opponent squarely with your chest rather than partially with your back, okay? Now, this is true regardless of whether you go for an inside or an outside pick. There's nothing to be confused about here. It's always the same side, okay? So if I come in on my training partner, he puts the leg back, puts the leg back. Now, I do the same. It's the same idea. Shot hand and shot leg are the same. If I screw this up, I shorten my reach, and I can't get to my opponent's heel, okay? So it's very, very important that we learners, athletes, we always correlate our shot hand and our shot leg. That means this has to be done before I shoot. So if we're, say, for example, we're right versus right situation, and I snap my training partner's grip off, I'm currently staying with my right side forward. As he goes into a Jida Tai, defensive stance, okay? I have to switch my stance. Here, I'm shooting from a folky stance. He steps the leg back, there's back exposure, and now we're in trouble, okay? Because I screwed up the correlation between my shot hand and my shot leg. So what we have to develop is the idea of, I want to switch my stance so that my shot hand and shot leg are always the same, okay? Now, it's a simple thing for us to go in and get a good connection to our opponent's leg and put this man down to the floor, okay? So let's understand right from the start, guys. Always, we have this idea of shot hand and shot leg is the same. It's a length in our reach, okay? You can see from here, I have a

good reach from here. But if I switch my knees, my reach gets cut in half, okay? In addition, my shoulder gets exposed to my opponent, and there's the beginnings of back exposure here. It's never a good thing, okay? So always, we create conditions where shot hand and shot leg are the same. If I'm opposite, I must train myself religiously to always switch my stance so that from here, it's an easy thing for us to come on in and put our man down to the floor, okay? So always, always, always, guys, we've got an anchor hand on our opponent. We have to correlate our shot hand and our shot leg. Make sure they're on the same side regardless of whether it's an inside pick or an outside pick.