

Okay, guys, if there is one thing that is going to screw up your ability to score a successful ankle pick takedown on your training partners in the gym or opponents in competition, it's this. An inability to control your opponent's head and keep his head level matched with yours. Okay? If his head stays up and I go down, we create situations where his head is higher than my head. Nothing good comes out of this situation. When he goes to step back, it's easy for him, okay? You tend to get taken out of position. Why? Because in order to freeze his leg, I need his head and my head the same height. The moment his head starts going over my head, problems start to develop, okay? Even if I get the leg now, when his head is high, he can just turn his knee and drop it to the floor. And now you end up in situations with back exposure where you end up getting punched, okay? I cannot overemphasize this simple but crucial point. When your head goes down to his heel, his head must come with you. If it doesn't, bad things start to happen. So once again, my whole idea is to create a connection between our two heads so that as we line up with each other, I've got my shot hand, my shot leg correlated so that when my head comes down, his comes with me. So they're roughly the same height. This creates a situation where he can't step off. If his head is high and mine is low, you get into situations where you cannot finish to take down adequately. He can easily step out and create all kinds of problems for you. And you don't have an ability to get any kind of combination going here. Now as you find yourself missing the foot, you find yourself with a dangerously overextended arm. If he's good from here, you can go into flying triangles, belly down arm bars, there's a thousand things he can do off this, okay? So it's absolutely crucial that we obey the following rule. When my head goes down, his comes with me. If it doesn't, abandon the take down and do something else, okay? So once again, we're here in front of our training partner. You should be able to look at your buddies performing ankle picks from across the room and you should be able to tell whether they're going to succeed or fail by this infallible sign. If we come out and make contact and I bring his head down with mine, you know it's going to succeed. If he goes to step out, it's not going anywhere, I'm going to score the take down. But if you ever see this kind of thing happening, his head stays up, mine comes down, you get over extension. And from here, it's so easy for him to misdirect me to the outside, turn and face my back, cause all kinds of problems, okay? So that's our number one concern. When our head goes down, his head comes down with us. It'll look like this in a competitive setting. As we come out towards our training partner in Jigotai, I come in, I score my initial grip, his head comes down and we're in perfect position to take him down to the floor, okay? Such an important rule for your success when you start your ankle pick journey.