

Now, we're going to look at the idea of entering into our training partner's legs in a self-defense application. Okay? Throughout my time bouncing in New York, I always made use of what I used to call the prayer stance. When I would stand in front of people, your biggest concern is that if you present your center line to your opponent, he can push you and completely off-balance you. He can pull you and completely off-balance you, okay? In addition, you're completely open to his striking attacks, okay? So you see people standing and arguing like, I mean, it's just madness. You cannot present your center line to your opponent in this fashion. You're just making yourself a sitting target. So what I would do is I would approach an opponent with a bladed stance, like so, essentially the same stance you would have if you were boxing or kickboxing, okay? But of course, you can't stand in front of people and negotiate like this, and it escalates the situation. They just think the fight's about to start. If you come out in front of people and just stand like this and talk, people are going to think you're some kind of crazy freak. So I would stand with my legs like so. So if my opponent went into a push, I have a back leg behind me. He might push me, but I can adapt. I can recover, okay? If he gives me a real good push, I can always switch my stance, okay? But I'm not going to fall over. But I can't do that if I'm like this and he takes me down, okay? So first, bladed stance. Second, shoulders forward, like so, okay? Chin down. Talk to the person through your eyebrows. Don't talk like this, and now a sucker punch, boom, done, okay? So I would stand with my shoulders and my legs just like a fight. Just like you were boxing. Shoulders forward, chin down, looking through the eyebrows. From here, instead of putting my hands up, I would put my hands like so. This is a non-threatening gesture. It's a negotiation gesture. Sir, can we do this? It's non-threatening. It doesn't escalate the situation. If I'm being filmed, it looks like I'm being passive. As opposed to I walk up like so, we're trying to get away with that in court, okay? So I would stand in my prayer stance, right on my training partner's center line, shoulders forward, and I would negotiate. I had a thing, I don't know, you may disagree with this. When I talk to people and I'm trying to de-escalate the situation, I don't go with eye contact. As an old saying in boxing, the only times you lock eyes with someone is when you want to fuck them or fight them, okay? When you look at someone in the eye and it's getting confrontational, we're not here to fuck, okay? That means we're going to start fighting, okay? So I would talk to their collarbones, okay? I would take my eyes and I would look at their collarbones. When you look at people's eyes, to stand here, ready? When you look at people's eyes, you can be faked, okay? One of the major weapons that street fighters have is a sucker punch, and what many of them would do is they would look over my shoulder, and what they're trying to do is to get me to look that way and expose my jaw, boom, and that's it. It's a common, common game. So we're here, he looks over my shoulder, bang, okay? I never look at the eyes. The eyes tell lies all the time, but the collarbones never lie. The collarbones show me what his shoulders are doing, okay? So when I stand in front, I talk to the collarbones. So now, because my hands are together, I have the inside position. If my opponent goes to shove me, go, you have the inside position. When we get into a pushing and shoving match, I'm going to win because I have the inside position. At any given moment, I can turn inside control into a situation where I get behind him, okay? So my whole thing was to come out and do my negotiations in a secretive fight stance. It was essentially the same as a fight stance that gave me inside position for wrestling, okay? Everything else, the shoulders, the bladed body position was ready to fight, but it gave the impression of passivity through body language, as opposed to here. But my hands are essentially in the same position, okay? Only it's not socially unacceptable to stand like this, as it is like so, okay? So my whole thing was to approach people and do my negotiations on their center line, okay? Just like so. I would talk to the collarbones. So when he tried to play games with his eyes, I don't even see it. I'm not going to get faked out. If he suddenly moves, I detect it in the collarbones. I go forward with my head down. I never go forward into a headbutt, boom, like so. I always aim my forehead low to the sternum and chest. When he goes in aggressively, go. You're in a position now

where you get to the waist, okay? From the waist, so many things we can do. I would often, under these circumstances, just transfer around behind people and get their hands down to the floor. That was always my thing. Put their hands on the fucking floor. Their hands on the floor, they're not punching you, okay? But it all started out of a prayer stance. And one of the great things about the prayer stance is it feeds right into the high center line, okay? If I feel, okay, things are about to kick off and we're negotiating and the negotiations are broken down and I know what I want and he knows what he wants and we're not going to get along, it's going to get physical. Then it's time to get one of his legs off the mat, sorry, off the floor, sorry, corset habit. So, I come out in prayer stance, we're talking, and he's just not listening, okay? Under these circumstances, he goes physical, I go physical, we're in the perfect position now to come up and we've got a leg off the floor. Once we get a leg off the floor, my next thing is, is he punching me? If there's a threat of a punch, put his hands on the floor. He gets back up, we're in a position where we can kick out legs, we can put him on his back, we can put his hands on the mat at any given time. We can go forward and take his back, okay? If I have to work him out the door, let's say the door is where the Fuji sign is, okay? I can walk him out the door. Okay, he's out on the street, it's done, okay? Get his fucking leg off the mat. He's on one leg, you on him, okay? So, that was my whole thing, prayer stance, the single leg on the stand, and what is essentially a disguised fight stance, like so. We do our negotiations, I talk to the collarbones. If you feel it's weird talking to the collarbones, talk to his eyebrows, okay? Don't look into his eyes, you get faked. I often look at the eyebrows, like so. It's weird, right? I'm not looking at your eyes, but I'm not looking down either, okay? It's kind of strange for you to do that. So, I talk to the eyebrows, or collarbones, okay? Now when it gets physical, we're in a position where we can take the leg up. Once the leg comes up, take it higher. If he's punching you, put his hands on the floor. If he comes back up, you want to make him move, plant the hand, just stiff on him, and then just walk where you want him to go, okay? Now, word to the wise. When you get into self-defense situations, there's no telling what level of athleticism your opponent will have. A lot of times they're drunk, let's be honest, they're drunk or they're high. So when you grab their leg, they often just fall, okay? I'm not going to lie to you, that happens a lot. Often they have no grappling training of any kind, and so a lot of times, when you just first go in, you just pick a leg up and just pull up, okay? If that happens, great. It was even easier than you wanted. But there were many other times where my opponents came from a long history of fighting, and they're not formally trained, but they just grew up in the streets fighting, and these guys were surprisingly athletic and tough and didn't fall over easily, and in many of these situations, we'd pick up legs and they'd stay on their belt. They never wrestled a day in their life, but they didn't fall over easily, trust me, okay? And in these situations, my whole thing, expose the back. They go to stand up again, put the hands on the floor, okay, then make up your mind, what do you want to do? Is this a one-on-one fight or is it a melee? A melee is where multiple people are fighting at the same time, okay? In a melee, I don't want to go down to the floor in a melee, okay? I would come in, I'd put the hands on the mat, then when he goes to stand back up, I would just run straight out the door, okay, get him moving, okay? When someone goes to recover from a position like this, as they go to recover, they're very, very vulnerable, okay? So when I have a high leg on a man, he's punching me, I put his hands down. When I see my man go to recover, that's exactly when I just stop running, my man out the door, okay? So these are some basic insights on the single leg. Now, catching the leg, let's talk about this, it's an important topic, let's take it in wrestling sense. When I go to catch a leg in wrestling, there's a bunch of options we have here. The first is an inside reach, where my inside hand reaches here. He goes to yank his leg away, it's not easy. Don't grab the leg anywhere, grab the knee tendon. He goes to yank away, and here's my leg position. That's my favorite, the inside reach, okay? So I come down, catch, he goes to pull away, tight, right? Now we've got the leg up, okay? Outside reach, here. Outside reach, I bring the leg to me, and I go outside, he goes to pull the leg away, it's

not easy, okay? My thing is, snag a leg, and then pick a leg, pick it up, snag it, pick it up. Don't just try to grab like this, okay? First, I snag. If I miss, if I fuck it up, and he yanks out, I just go straight for the second leg, okay? So I snag it, and I pick it up. So the first thing is either inside reach or outside reach. The other thing is penetration step. I have a choice between inside step and outside step. Inside step, outside step. My personal favorite was inside reach, outside step. Inside reach, outside step, because that enabled me to go straight to the second leg and get them out of balance, okay? But you have many choices here, and they're all good choices. Neither one is any better than the other. A lot of guys go inside step, inside reach. It's good, works well. He goes to yank away, and he's out. A lot of guys go outside step, outside reach. He goes to yank away, not easy. My thing was to blend the two. I would go outside step, inside reach. He goes to yank away, and it gives you good access to your training partner's leg. So those are my favorite mechanics, using inside step, outside step, inside reach, outside reach, to get to the leg.