

Now, we're looking at the idea of troubleshooting the ankle pick. My goal in this first volume of the Feet to Floor series, as I said earlier, is to get you guys hitting moves confidently against opponents your own size and skill level within three to six months. I think that's an incredibly doable goal if we follow the strictures of this video. One problem that you're going to run into when you become a good ankle picker is that opponents are going to figure out something. They're going to realize the best person to ankle pick is someone who's in a defensive, bent over, crouching posture. In the sport of Jiu-Jitsu, there are no restrictions on posture, movement, and grip as there are in Sambo and Judo and other grappling sports. If in the sport of Judo, I stood like so and he was bent over at the waist and not doing any kind of offense from here, within a very short time frame, he would be penalized by the referee. In Jiu-Jitsu, there's no such penalties for this kind of behavior. My opponent can stay like that as long as he wants. In the sport of Jiu-Jitsu, you tend to get people who tend to bend over at the waist for long periods of time. Often it's because they're afraid of an opponent pulling guard. Sometimes it's because they're not that experienced in the standing position, they don't really know what they're supposed to do. They just do what they see other people do. We saw earlier in this video that every kind of stance has its good points and bad points. An upright stance, the so-called Shizuntai, or natural posture, enables us to generate good movement around the mat. If I want to move with an opponent, this is the best way for us to generate good movement. It suffers from the disadvantage that in Jiu-Jitsu it exposes your hips to your opponent, so your opponent can jump guard on you. The other disadvantage is it makes it very easy for my opponent to change levels and get to my legs. That's not a problem in Judo because that's not allowed, but in Jiu-Jitsu it's a big problem. Bent over stances are very good for preventing my opponent from jumping guard, but they put severe restrictions on mobility, and they basically limit me to pulling guard and shooting from my opponent's legs. You can't really hit many upper body throws from that bent over stance. You can't move very freely. It tends to become a rather static game with not a lot of action. The compromise is the semi-crouch, where we go between our opponents like so, so we can defend the lapels, I can grip fight, I can defend my legs if necessary, and I can prevent my opponent, not prevent him, but make it harder for him to pull guard by jumping his legs around my waist. This is a nice compromise. Those are the three stances we mostly work with. Pretty soon your opponent's going to figure out that if they go full Jiu-Jitai, bent over, in a full defensive crouch, it's actually pretty easy to start playing an ankle pick game. You can start putting people down quite readily, because that's the easiest position for you to put their head over their foot and ankle pick them. Pretty soon they're going to start figuring out, hey, this guy likes ankle picks. I should play more upright. As a result, you suddenly find ankle picks become a lot more difficult. If my opponent's in an upright stance, and we grip up with each other, even if I take his grip off, strong body, when I try to hit an ankle pick, he's so upright that I feel like, damn, I can't bring his head down. We know the prerequisite of success with an ankle pick is to bring his head down over his foot, but when he's in this upright, confident, natural stance, it's very, very difficult. It's important, if we're going to be masters of ankle picks, that we can break down his confident, natural, upright stance, the so-called shizontai, and convert it into a broken, bent-over jigotai stance, the defensive crouch, because that's the optimal stance for us to be hitting ankle picks. If we come up against an opponent, and this is very common in the heavyweight divisions especially, you will see people tend to stand more upright, like so. If I come out with an opponent, and he's standing more upright, and we go in, he makes grips, we come in on the work, like so, and he's in a good, confident, upright stance like this. I need to be able to break his stance. Some simple ways for us to do this, we saw in the kizushi section of this video. We're going to start with the notion of moving an opponent around. I'm going to fake a cold jigari, and get him stepping off. I'm going to fake half a sasae. I come out to the outside, I break his stance, and get him bent over. He comes back up. In situations like fake old jigari, he goes to step out, and we get him bent over. I start circling and pulling, he comes upright

again. From situations like this, it's not a difficult thing for us to hit the various forms of attack, of fake sasae, for example, that gets him broken and bent over. And the second I see him broken and bent over, that's the time for us to start going back into our ankle pick attacks. My rule of thumb for ankle picks is a pretty simple mistake. I won't attack an opponent whose torso is more than 45 degrees from the floor. That's so important, I'm going to say it to you again. I generally will not attack most forms of ankle pick, there are some exceptions, but most forms of ankle pick I will not attack on an opponent whose torso is more than 45 degrees from the floor. I will get them bent down to a minimum 45 degrees to the mat, and preferably parallel with the mat. It's the best time, okay? So that's a good rule of thumb, the 45 degree rule. Right now, you can see Gina Karlo has a good upright body posture, okay? As he goes to make grips, we lock up with our training partner. If I take an ankle pick from here, upright, it's going to be hard, put your hands on me, okay? It's going to be hard. But if I start with any one of the moves that we've been looking at, the idea of getting our man out of posture and attacking, and getting him bent over, this is a good time for ankle picks, okay? All we need at this point is a quick change in stance, and we're able to go through and score, okay? Why? Because I broke his posture below 45 degrees. His torso, no more than 45 degrees. If I can't do that, I will not attack an ankle pick. There's better things I can do, okay? So for example, if I see my opponent playing good upright posture, okay? We come in, we make our grips, and from here, I'm trying to bend his stomach, and I can't break his posture, okay? This is the time for us, under these kinds of circumstances, to come in and start attacking other forms of attack. Uchi gari, for example, okay? Putting people down using more conventional methods, upper body methods, okay? But if I want to go in and start picking my training partner's ankles, I need his body at least 45 degrees, and preferably parallel with the mat, okay? So once again, we come out, he makes grips. I see he's bulked up, right? Hands on me, hands on me, okay? And we're trying to break this man's posture, coming in. Now from here, I come in and put him down to the mat, okay? And it's a nice realistic way for us to operate. Obey the 45 degree rule. If his body's more than 45 degrees up, break him down first, then go for your attacks.