

Now, in Jiu-Jitsu, many of our opponents stand in exaggerated bent-over stances, like so, facing me, looking at me, like so, okay? From here, reaching to the rear deltoid is a great option. When my hands dig in to my training partner, if he doesn't connect to me, I dance and pull his hands to the mat. So what they all do is connect. When we see that, we dance and bring his foot close to us. Now I come down, I bring his head over his foot, and as a result, we're in perfect position to come all the way down to the heel, pull, and put that man down to the mat. So once again, exaggerated Jiu-Jitsu, defensive posture. I fake the hands, he pulls the hands back and leads me to shoulder. He connects, I dance. Now I drive in, ankle pick, and finish. From another angle, exaggerated defensive stance. I fake hands, he pulls hands away from me, leads me to shoulder. I put four fingers in and grip. I bring his foot to me by dancing, cross ankle pick, everything goes down here. So his head is right over the ankle. Now I come in, pick, for a beautiful finish. Looking at this in a competition setting, it's a very quick, very robust way of operating.