

It's time we took a good look at the centerpiece of the rear takedown skill. This is the idea of a standing rear body lock. Almost every takedown from the rear initiates with some form of standing rear body lock. You have to have some kind of controlling grip on your opponent. Once you get behind someone, no one's going to be happy with the fact that you've gotten behind them. No one accepts that as a good thing in any combat sport. Everyone knows it's a bad thing to get someone behind you. So you're going to have to hold your opponent and maintain your rear position. You've got a bunch of good options to do this. I'm going to demonstrate my grip on my training partner without a gi so you can see my arms more clearly because the gi kind of obscures what I'm doing with my arms here. I'll demonstrate without a gi on someone who is wearing a gi. What we need here is some kind of rear body lock and you've got a bunch of different options here. First option that we often make use of with a gi is cross lapel, where I take my training partner's jacket and I feed his left low lapel to my right, like so. This gives you a tremendous control of your opponent and leaves you with a free hand. The advantage of this grip is it lets one of your hands be free. The other advantage is it's a very robust grip. One of the big problems we face in this position is our opponent breaking the grip of our hands and causing problems. This grip here is enormously robust. Now guys, you're not trying to strangle anyone. So we're not coming up here and holding up high in the chest. Typically the grip is below the solar plexus, like so. Now, as Giancarlo goes to move around, you've got this free hand to work with. There is a danger my opponent can reach back and put on a whizzer, like so. But we have to make this difficult. Whenever I feel my opponent reaching back for the whizzer, I'm constantly moving him out of balance. Every time he reaches back for the whizzer, I'm constantly moving him out of balance. In situations like this, we can go for many useful forms of takedowns. We'll be looking at a bunch of them. I'm sure you can guess from here, there's an easy Taniyotoshi to take my opponent down to the floor and end up on top. Okay? So that's one excellent way of controlling this position, using the cross low lapel grip. One more time. Facing the camera, Giancarlo. When we go in behind the training partner, instead of locking my hands in the traditional fashion, we take advantage of the gi. Okay? The advantage of this grip is it leaves me a free hand. That hand can go inside my training partner's legs. That hand can go here to my training partner's gi pants to help with a Taniyotoshi. It can also help with ankle drops. When we come down, pinch our training partner's knee and bring our man down to the mat. It's a useful thing to have a free hand. In addition, when we grip the jacket, my opponent's ability to break my grips and put his hips forward and get away from us is diminished. Okay? When he goes to break the grips now, it's hard to break the grips on the gi. There's many ways from here we can off balance people and create problems for them. Okay? So that's one really good grip when we're working with a jacket. Another grip which is very, very useful and very popular is a 10-finger grip where I take my 10 fingers and lock them in like so. This is obviously used a lot in no-gi, but it's also a very good grip when you're working with a gi. So 10 fingers, lock up, and lock like so. Whenever we use this grip, you've got a bunch of choices here. I like 10-finger grip because it widens my grip as wide as possible. Gin Kawa's in good shape with a nice narrow waist, so I can use a range of grips. But if your opponent's girthy through the middle, you may need to use a 10-finger grip because it's a wider circumference. As we change our grip from 10-finger to palm-to-palm to wrist-to-wrist, the circumference of our lock diminishes. Sometimes that's a good thing if you want to get a tight grip on a guy with a narrow waist. Sometimes it's a bad thing when your opponent's very girthy through the stomach. So when we start off, one good option is 10-finger at the navel, okay? Right in the center. That's one good option. When he goes to move around from here, it's a good, strong grip and a very, very controlling one to work with. Okay? A second grip we can use, sitting up, buddy, is the same grip, but we're going to go long arm-short arm. The idea behind long arm-short arm is I go from the center at my opponent's navel and I take my arm deep around to the hip. So I have one arm long and one arm short, like so. This creates a very tight connection of my elbow to my training partner's hip. When he goes to move

around, it's a very, very tight connection. This will create ideal situations for us to come in and start lifting actions, start putting people down. We'll talk more about lifts later on, okay? Long arm-short arm is the idea that I go from the center of my opponent's body and I transfer around to the side, okay? Once we transfer around to the side, that's when lifting actions become very, very strong, okay? Very useful. Now, another great grip we can use is palm-to-palm, where instead of going 10 fingers, we bring everything close and we go palm-to-palm like so, okay? Palm-to-palm gripping narrows the circumference of the grip and creates a tighter connection to our opponent's waist. It also enables us to use a hip cut, okay? A hip cut is where I take my wrist and I cut it into my training partner's hip. Make a strong body, buddy. I come in and I cut to my training partner's hip. I can come down the thigh and use it as a lever to start breaking people's balance down towards the floor and getting into advantageous positions down on the mat. Giancarlo will tell you it creates like a fulcrum in your hip that feels like your hip is buckling. If we're behind in a forward, we've got palm-to-palm grip. I feel him fighting the hands, for example. From here, I'll come around the corner and we lock on the hip, strong body. Now, from here, I start cutting in on my training partner's hip and we find ourselves behind our man in good attacking position, okay? So that palm-to-palm grip is another useful one. Another excellent grip is the wrist-to-wrist grip like so, which puts in a very, very tight lock around our training partner's hip. This is particularly good for you long-armed, tall fellows out there watching the video. I'm not long-armed, I'm not tall, but if I come around and I lock in here, it creates a tremendous connection. So we come through, we cross wrists, and we hold, okay? Cross wrists, butterfly, lock, okay? So we come in on our training partner and we lock like so, this creates a very strong connection to an opponent and makes a good lifting material, okay? It's also an excellent way for us to work. Now, there is another grip that you don't see very often, but I'm a big fan of this one. Two hands on. Two hands on refers to a situation where I unlock my hands, good strong base. From here, I take two hands and I just hold the hips, okay? So if I have my hands locked and I see my opponent fighting my hands, I will often go two hands on. Now the advantage of two hands on is that it creates a tremendous pull on an opponent and it creates distance where you can whiplash people and pull them on to you, okay? If my hands are locked, it's hard for me to pull them on to me, okay, because my own hips get in the way. But when I go two hands on, it's now possible for us to come in and work very successfully. I often use this one when people start fighting my hands and breaking my grips, right? He's going to come back to lock hands, get his hands on the floor, et cetera, et cetera. So once again, the main grips we work with, let's come to the camera. This one from here, we'll feed the lapel and come across like so. This creates tremendous control and gives us a free hand to take the pants, the hand, et cetera, et cetera. I can put a hand inside, there's many things I can do. So the great advantage of this is it gives me a free hand. The other great advantage when he goes to fight my hand, it's very, very difficult to break this grip. And it's relatively easy for us to start with and bring him down to the floor. So the first grip, 10 finger, which can be either in the middle or it can be long arm short arm, which will give us good opportunities to go into the various lifts that we'll be looking at later on. Okay? Second is palm to palm. The beauty of palm to palm is it can give us a hip cut when I come in, strong body, buddy. If I take my forearm into my training partner's hip and from here, I can buckle people and off balance them. The third one is the wrist to wrist grip or the butterfly lock. As we lock around our training partner, it creates very, very tight hip connection and creates a good lift to start putting people down that we'll look at later on in the video. And the last one is two hands on. From a situation where I feel my grip is breaking, I can come in here and initiate with two hands on and start getting people out of balance. Okay? All very useful ways to control our opponent using the various grips.