

Now, we're looking at rear takedowns, one of the most important of the general skills of the standing position in the sport of Jiu-Jitsu. We're differentiating the idea of takedowns which occur when we're in front of people like so, okay, which is one form of takedown versus takedowns when we're behind people like so, looking to score from this position. A takedown which we're going to be looking at a lot in future volumes of the Feet to Floor series, but which we haven't looked at yet in this particular video, is Ko-Uchi-Gari, okay. Ko-Uchi refers to the idea of a small inside trip. Ko is small, and Uchi is inside, and Gari is trip or reap, okay, to stand facing your feet apart. So the idea behind a Ko-Uchi-Gari is that we're going to put a backwards force on my training partner that puts most of his weight on his heels, okay, and from here we take our foot and we use the sole of our foot to brush his foot outwards and around, generally in the direction that the toes are pointing. So our first thing is to separate his feet, okay, and the idea is to take his feet apart, okay, and then we brush it forwards and we knock our man down to the floor. That's the idea of a Ko-Uchi-Gari. As I said, in volume two of the Feet to Floor series, we'll be looking at it as a front takedown, okay, but our first thing is to look at it as a takedown from the back. Let's understand that when we're behind people, you have two big choices. I can either take my training partner forward to his hands, like so, or I can take my opponent backwards to his buttocks and hips, like so. That's the basic choice, okay? Ko-Uchi-Gari, or reverse Ko-Uchi-Gari, the score from the back, is an attempt to get my opponent's hands forward to the floor. That's what it's designed to do, okay? The good news is it's a lot easier to hit a Ko-Uchi-Gari when you're behind someone than it is when you're in front of them. So we're going to be behind our training partner, just like so. Let's face 45 degrees to the camera, okay? The best time to hit any Ko-Uchi-Gari is when your opponent's feet are a little further apart. If your opponent's feet are very close together, you're better off attacking the legs from the outside. It's a better way to attack. But when you start moving people, bring your feet together, when you start pulling people and generating Kizushi, you're going to find very quickly that your opponent's reaction will be to separate his feet. And so it's very easy to get your opponent to do this with his feet, okay? So when I see my opponent in a wide stance, one of my favorite ways to act is to attack with Ko-Uchi-Gari using the sole of my foot. Can you just pull your pants up? I use the sole of my foot here. Don't kick him inside the shin. This is going to piss your training partner off. It's not going to do any good. We want to clip using the sole of the foot. Do not use the shoelaces. This is not Muay Thai. We're not kicking people, okay? We use the sole of the foot and we brush, like we're brushing a penny along the mat, okay? Again, don't kick your training partner like it's Muay Thai with the sole of the foot or even worse with your shin, okay? Use the sole of your foot so it's a pleasant and painless experience for both of you. The idea is not to inflict pain. The idea is to off-balance your opponent, okay? So don't just savagely kick someone. Take your foot and brush like you're brushing a penny along the mat, okay? The idea is to take my opponent's foot, his left foot, away from his right foot, okay? So imagine my hand was my foot and I just brushed away. Did you see what happened to Giancarlo's head? His head went forward. Now pass it over. Let's combine this. You're going to stand behind Giancarlo. Just place your right hand on Giancarlo's shoulder blades right here. Now, as I pull Giancarlo's foot, I want you to push forward and we'll see what happens, okay? These are the forces involved in this takedown. As I pull the foot, you push, pass it over, and do you see what happened? The combined force of a push outwards on the foot combined with a push on the back put Giancarlo down to his hands. That's what we're looking for. Thank you, pass it over. So we have to do that by ourselves. We don't have a friend to help us, so we've got to do it ourselves. And the way we do that is I use my upper body push. So the push comes from my upper body while my lower body trips, okay? And if I can combine those two things, you're going to get a beautiful Koji Gari that forces your opponent's hands down to the mat. Some of your opponents will go down to their hands and knees, usually the older, less athletic ones, okay? But a good opponent will probably go into a position we call the four-point position. As far as a four-point position, that's

where they go like so, with one, two, three, four points of contact with the mat, as opposed to turtle position, where you have one, two, three, four, five, six, seven, eight points of contact with the mat, okay? When the elbows and knees come off the mat, you're no longer in turtle, you're in four-point position, okay? Some people call this a tripod. I'm not sure why, because it's four points of contact on the mat, not three. Some people call it a quad pod, that makes more sense, but not many people call it that. So let's start off with Koji Gari from the back. We've got him locked on our training partner's body. I'm going to take my left foot just outside his left foot. I don't want my legs to cross each other, you have no power now, okay? I step just a little bit to the outside, and look how I brush Giancarlo's foot and lift it away like so. And we hit a beautiful reverse Koji Gari that destabilizes my opponent and forces his hands to the mat, okay? So if you're in a situation where you're behind your opponent, moving him around, look how I just step to the outside, small step, nice strong body, Giancarlo, small step, and down his hands go. The second his hands go down to four-point, I'm going to step around the corner, okay? Sitting up straight, Giancarlo. I'm going to put my hands, sit up straight, buddy. I'm going to put my hand here. In wrestling, there's a grip called the claw when we come in here. In Jiu-Jitsu, we grab thumb and side and lock, okay? My second hand goes in here as a thigh pry. Just face your ass to the camera. I take my hand and I put my hand in here as a thigh pry, make a strong base, Giancarlo. I walk around to his hands. I push into the thigh with my thigh pry, make a strong base, buddy, and I walk past Giancarlo's hands and I break him down to a head. He's probably going to come up on an elbow, and from here, you're in the perfect position to attack. Okay? So once again, reverse coach you go. We're behind our training partner, strong base. From here, I brush the inside of his foot. My intention is to take his left foot away from his right foot where I generate a small push forwards, and down he goes. I come around the corner. I put in the thigh pry. My claw goes in. It's a Jiu-Jitsu claw sitting up, so it's not a wrestling claw where you grab the trapezius. We grab here, the collar, okay? Now, if he goes to move, you're stuck on his body. It's a good holding position. Now, I just walk around his hands, make a strong body lane, and then from here, I just lift my elbow and break him down to a head, and now we're in the perfect position to score. You can grab the wrist and put your shoulder down on the mat. You can take your hand out and lock his seatbelt and slide your knees in and get to your score and four points in the score to do this. It's your choice, okay? Now, guys, I'm just going to give you a little word of advice with the reverse coach you got here. Don't sweep your foot, sorry, your opponent's foot along the mat. Smash it ever so slightly up. Remember, you're trying to reduce friction with the mat, and the way you do that is not by pushing it into the mat, but rather making it skim above the mat. So you're going to head facing the camera, buddy, facing this direction, come closer. Okay, from here, feet spread and lean forward just a little bit. If I come in and I just smash his foot into the mat, make a strong base, it doesn't move because I'm taking his foot into the mat and I'm creating friction with the mat. What I want to do is I want to lift his foot and take away friction, okay? So the direction of my sweep is ever so slightly up. Nothing crazy. I'm not trying to lift his foot. That's not the idea. I want to make his foot lightly skim the mat, okay? Not go down into the mat. If I go down into the mat, Giancarlo's foot doesn't move. But when I make it lightly skim the mat, that's when you get what you want, okay? So once again, what I want to do is to give it ever so slight lifting force and brush ever so slightly upwards. Nothing crazy. I'm not trying to lift his foot up high in the air or anything like that. Just a little skimming motion. Make a strong base so you don't want to go down, Giancarlo. And from here, I just make that light skim that puts his hands on the mat every time, okay? So one more time from the side. We're behind our training partner. We lock up. From here, we're trying to tussle and put him down. I go in. I hit the reverse Kochi Gari. Then I move around the corner and I go and I take my claw grip just like so. Now I move around my training partner's body. I lift with my elbow and as a result, I can break him down to a head. Once he's down on a head, we can go in with any one of your favorite turtle breakdowns and go in and get your points and score.

So the reverse Kochi is a really practical way for us to score from the back position, standing rear body lock.