

Okay, and one of the most effective snap downs now in competition. Right versus right situation. We know it's a little risky to commit too early with the power hand. He turns inside me and I get thrown. So what we often do is we put in a reverse power hand. Right versus right, I take my left hand and I commit. I jab my hand in. I open the lapel and my two hands come together. So they're almost touching. Don't have a grip with the hands apart. Hands almost touching. Right versus right, hands up. From here, I go in, reverse power hand. Second hand goes on. I don't care if he grabs my hands now, it's irrelevant. Okay, some will, some won't. Now I'm going to circle and pull. As I make the circle and pull, I'm going to run past my training partner and I'm going to go a half sessai, and as a result, we're able to turn and put his hands on the mat. Now I cross step, run to my training partner's foot, and find myself in the perfect position to get behind and score. So once again, right versus right situation. From here, reverse power hand. Opens two-on-one. I move and circle. I move out and clip my training partner's foot away. Cross step, cover the hips, hand goes in, and we're ready to score, okay? If I hold a knee down for three seconds, two points. If he goes to stand on me, we bring him down low, and hopefully four points. The key element here is the half sessai. The idea is that I step to the outside and I use the sole of my foot to brush. Don't kick with your shoelaces. This is not muay thai. I come in, I block, and I push the head down. From another angle, I bring the head down, step to the outside. As I pull, he goes down. Now here's how not to do it. If his weight's over the foot, make a heavy right leg. You'll never move his leg. The key is to move his head this way, so that the right foot becomes light, and he goes down. You've got to lighten the foot. So right versus right, reverse power hand, double grip, two-on-one. I circle and pull. Everything with my hands goes to the right. Everything with my legs goes to my left. I beat the elbows, weight down, and cover the hips. If he stays down, two points. If he tries to resist the two points, we go in, hooks in, four points. One more time. Reverse power hand, second hand on, dancing, dancing. Everything goes in two directions. He goes down to the floor, cover the hips, and score.