

Metadata: [https://www.youtube.com/watch?v=HcW\\_VuYRwss](https://www.youtube.com/watch?v=HcW_VuYRwss)

Hello everyone, and welcome back to the channel. We are fast approaching 500 subscribers. As a thank you to you all, I announced I was doing a giveaway in the last video. So if you haven't seen that yet, go check it out. We are currently at 472 subscribers. So if you want to be entered to win the prize, probably check out the video sooner rather than later because we're fast approaching those 500 subscribers. So thank you all. The Dean Lister video is the video where I announced this giveaway, and I'll leave that link in the description below. So if you guys have anything that you're interested in seeing, please comment down below and we'll dive into it together. But today I wanted to talk about grip fighting. It's something that I've been interested in and think I need to improve in my game. And I'm hoping that you all will find benefit in this as well. So when I was doing the initial research for this, I was interested in what John Donner had to say on the topic. And I watched this video here. And basically what he says is he encourages his students to be aggressively grip fighting as opposed to defensively grip fighting. And what that means to me is what we talked about in the Eddie Cummings video here, where you are seeking a certain grip. And once you get that grip, you use that grip to enter into your offense. That's what I think of when I think of aggressive grip fighting. Defensive grip fighting is this here, where Eddie has two grips on his opponent and his opponent aggressively breaks the grips and backs away. So he's not trying to push forward into Eddie. He's breaking the grips and moving away. He doesn't wanna engage. So to me, that's aggressive grip fighting. As I started to do a little more research on this, I saw that when I did this search, there are standup videos here. And if you were interested in Gi, you would look at Judo and study Judo players to see their grip fighting strategies because they specialize in that. For no Gi, it's wrestling. Wrestlers are very good at grip fighting. So to dive into this grip fighting study, I started to look at wrestling. And I saw that there were a lot of people who were interested in wrestling. And I saw that there were a lot of people who were interested in wrestling. So I started to look at wrestling videos. And I know nothing about wrestling. So I apologize if I sound completely ignorant during this whole thing, but there's a guy named Jason Layton, who's pretty active on YouTube. And I found his videos very helpful. And one thing that Jason really stresses in his videos is don't reach. So in my mind, when I heard to be aggressive in grip fighting, it would involve reaching, trying to get the grip you wanted and then going into your offense off of that grip. But what Jason is saying is let your opponent reach and aggressively counter that grip. As we watch some of Jason's matches, you could see his opponent takes that grip that Eddie Cummings likes to take, right? And Jason aggressively counters that grip and turns it into his own Russian arm. So again, it's completely different. In my mind, I would be trying to go, I would reach for that grip and try and get my own Russian arm. But Jason makes his opponent reach and then counters that grip to get to that Russian arm. And as we let this play, we can see he finishes the takedown here. So again, here, he kind of baits. He reached for his opponent's head in this situation, but his opponent takes that same grip. And as we let this play, he reaches with this hand, he fakes this arm drag, and then he dives for the single here. So again, same idea. You counter your opponent's overextension. So then I wanted to find scenarios of this in jujitsu, right? So as we watch Gordon Ryan implement this concept, you could see he's playing from guard here. And as his opponent pushes on his face, he uses that to enter into the arm drag grip and ultimately enter into the legs. Now, again, here, his opponent takes a two-on-one grip on his leg. So Gordon's not the one initiating the grip fight, but he is the aggressor. He comes forward and he uses that two-on-one grip to enter into his own arm drag. Now, it doesn't work out in this situation, but you can see the idea. Now, again, here, this is Mikey, and his opponent grabs his bottom leg. Mikey takes a two-on-one grip and then uses it to pull himself into guard. Now, I mean, that's a little thing, right? You just pull yourself back into guard, but just the idea of being aggressive doesn't mean you have to be the first one to reach. And I think this is the smoothest example of this. So again, Gordon's playing guard from bottom position. His

opponent's trying to pass, takes a scoop grip on Gordon's leg here. Now, Gordon takes his own arm drag grip on that scoop grip arm. And he uses that to pull his opponent forward just to put this hand on the ground so he can transfer into the shoulder crunch position. Now, he's trying to sweep. The sweep isn't working. So he transitions into the legs. So beautiful. And that all started off of his opponent taking the scoop grip on his leg. He's not the one who initiated the grip fight, but he was aggressive in countering his opponent's grip. And that's one thing I think I'm gonna try and work on a lot coming up in the next few weeks. So hope you guys enjoyed the video. If you have any other ideas on videos you would like to see, please leave it in the comments below. And again, check out the Dean Lister video if you wanna be entered in the giveaway. We're approaching 500 subscribers really quickly. So again, really appreciate your support and we'll see you next time.