

If stiff arming with the power hand is the first big frustration that you're going to run into, the second big frustration you're going to find is your opponent controlling your control hand at the cuff. Now your control hand is going to be your shot hand, and as we saw earlier in this video, you have to have a shot hand and a shot leg on the same side. Once you establish a reputation as someone who's got a good ankle pick, all of your opponents are going to start doing this. They're going to take your hand, snap it off, and from here they're going to control your shot hand. So even if I have a grip on Giancarlo, let's get closer to the camera, even if I have a grip on him, when I try to shoot he's going to take my hand away and I won't be able to make contact with the leg that I want. If Giancarlo does a good job of controlling my shot hand, there's no shot. So he controls the hand here. It doesn't matter that I have a power hand, I can't get to his leg. So what are we going to do? What I'm going to recommend, don't go grip for grip with him. Normally if we're gripped up like so, I want to get underneath my training partner's sleeve. If I want to hit forward throws on my training partner, typically I want to have inside under grip and I want to have the under grip on the sleeve. That's the normal state of affairs. And this provides excellent opportunity for me to start throwing people in a forward direction, depending on what I want to do. So if I want to come forward into a given throw, that's the general pattern that we work with. But I'm not interested in a forward throw here, I'm interested in an ankle pick. If I grip with the underclasp, he's going to go on top and take what we call a four finger grip, where he grips with four fingers and locks in, probably at the cuff, like so. Now once I go for an ankle pick, he's going to use the four finger grip to control my shot hand and prevent me from getting to his ankles. So if we were throwing people with forward throws, like Sanagi, Uchimata, this makes a lot of sense. It's a very good grip. But if I'm ankle picking people, it's not really that good. Because now when I release, he controls my shot hand and I can't get to an ankle. So what should we be doing? What I'm going to recommend is instead of gripping the cloth, I recommend gripping the hand and the wrist. So when he goes to grip you, you can't do anything, but you have control of him. So when he tries to stop my shot hand, he can't, because I'm in control of the hand that he needs to stop me with. Okay, and we put him down to the floor. So here's what I generally recommend. For a situation where we start off, Ken Gyose situation, I go in and I secure a grip on him. Once we start dancing in these kinds of situations, I play a one-handed game. Then from here, I come down and I grip his wrist. I play one-handed, out like so, and I grip a wrist. I don't grab cloth, especially the under grip, which is normally a good idea, because it gives him an ability to control my shot hand. So my first piece of advice to you is, play a one-handed game. Okay, Ken Gyose situation, when I come up towards my training partner, I go where I get my first grip. I play one-handed. If he grips, I deny him the grip. Just don't let him grip your second hand on. And I play a one-handed game, but from here, I'll disrupt my training partner's balance. I will attack, call Jigari. And then from these kinds of situations, I create situations where I can put him down. I play one-handed gripping. Now, natural question for you guys to ask is, what if he puts two hands on me? We get our grip, he goes over the top, and we're gripped up, like so. What do I do now? Let's get close to the camera. I take my hand, and I put my thumb and forefinger over his wrist. Strong grip, okay? So I go over the top, and I grip. Then I pump, one, two, three, and his hand comes off. Strong grip. Thumb and forefinger goes over the top, then grab the forearm, grab the wrist. Strong. One, two, three, and the hand comes off like magic. What you see is that my thumb goes up the hand as I go one, two, three. He grips. First grip is on the wrist. Push it down, push it down, push it down, until the hand comes off, okay? Now, you own your own shot hand. If he owns my shot hand, I can never get to his leg. He controls me, okay? So, Genki Gotsu situation, come out, first hand goes on. He gets a grip on me, and we're locked up two-on-two, okay? I go over, one, two, three. Now, it's a simple thing for me to draw the leg in, and put the man down, okay? So this is a sensible way for us to clear that shot hand. What about right versus right? We have conventional grips here. Now, it's no longer a concern, but if he comes down and starts taking his hand off my lapel, and

starts grabbing the cloth, now it's a problem. Now, we're in what we call double sleeves. He's got both of my sleeves, okay? Same thing. Over the top, pump, pump, pump, and it's off, okay? I go in here, he takes his hand off, snatches the cuff. He knows I like ankle picks. He controls my hand. Circle, pump, pump, pump. Step, and pick, okay? These are some practical ways to clear away your opponent's control of your sleeve cuff. As long as Giancarlo controls my sleeve cuff, I'm never going to get to his ankle. So I must prevent him from controlling my cuffs, okay? First method, play one-handed. This is particularly important in the Kenki Yotsu situation. From here, this is where I play from. He tries to get to my cuff, and I deny. Now, step and pull, find myself in the perfect position to put him down, okay? If it's Ai Yotsu, we come out, he grips, and we're playing like so, and he comes in and grabs my sleeve, pump, pump, pump. Now, we're in the perfect position to come through and knock him down, okay? Don't tolerate your opponent's control of your shorthand. You can't hit an effective ankle pick if he's controlling your shorthand. Get rid of that control first, or deny it altogether before it starts, and you'll be hitting a lot of ankle picks.