

Metadata: <https://www.youtube.com/watch?v=opY-5xG07eU>

Ok, guys, I'm here today with Jason Henderson, huge honor for me. Guys, Jason is a Jiu-Jitsu black belt from Gustavo Machado, Judo black belt from David Camarillo, and he spent 30 years on the ABCU. So, he is one of the people who has the most experience about self-defense in the world, and today he's gonna show us here how to control a man on the ground using the defensive tactics. So, Jason, I think it's a very interesting subject, because we learn in Jiu-Jitsu that getting the mount is the best position in Jiu-Jitsu, and I think, like, on the street, knee on belly might be better. Knee on belly is better, yeah, especially if I have a weapon system I'm trying to control. If you lay down, I can talk about it for a second. So, when I'm knee on belly and I have good control and I'm controlling your hands, the reason we don't like to go into mount is because, whether I'm in low mount, whether I'm in high mount, you can wrap, you have hands, I can handle all my weapons that are around, what's my taser, my gun, if I should have anything on me, and all you have to do is wrap up on me, we can roll. Now I'm in a negative position. And plus, what am I gonna do from here? Am I gonna try and submit the person? I'm not gonna cross-collar choke your T-shirt. I don't wanna do an arm bar and end up on my back where you can roll on top of me, or an S-mount to a triangle where you're gonna roll on top of me. I'm worried about all these things because I now have you in a dominant position. Even if I land into a mount, I'm always transitioning back to knee on belly. And I wanna control the hands. A big thing that we see is a lot of people will bring their knees down, which is easy to wrap up and pull in. If my foot is pointed away and he pulls in on my shin, it drives more pressure down into the sternum. And who doesn't do jiu-jitsu? The knee on belly for me that do jiu-jitsu for 20 years is very uncomfortable. Imagine someone who has never done jiu-jitsu before. And also, he may have something, he may be grabbing out a weapon or something, at any given time, I wanna be able to bail away, and draw my taser, draw my weapon, and be able to engage him. So, I have good hand control, I've got good situational awareness of any secondary threats, or his buddy's gonna attack me. I like to go after this near-side arm. With his far-side arm, I drag it under my knee, I use two-on-one, and I push it down on the side of his head. Pushing it all the way to the ground, coming up and wrapping, I'm grabbing his wrist. I like to shin him up a little bit. Good knee-on-control. Again, I've got a good wrap. I'm using his arm like a battle rope type of position. I'm using my lat muscle to pull him. I'm using my lat muscle here to pull him. Again, I can look around, I can breathe, I can de-escalate, I can talk to him. Calm down, everything's gonna be okay. I come in here, I put my knee on the side of his head, and as I'm pushing his head down, I start unlooping his face. I push his mouth all the way to the mat because I don't want him to bite me. From here, I'm just pushing this back straight into a Kimura. As I transition around, I come around this side. I'm in a good Kimura position, bring my foot out, and I drag him. You can see here that this arm will get trapped underneath. So how we free that arm up is I just drag him across the ground until that far-side arm pops up. Knee on back, knee on shoulder. Now if you look, his elbow's on the inside of my thigh. Just pinching my knees together has good control of him. Then I come in through this elbow, let him grip it up. Now I can hold him, talk to him, calm him down, de-escalate the situation, or go straight into my cuffing. Oh my god, man, that's crazy. Oh my god. You put so much pressure everywhere. That's right. There's never a point where I don't have you stapled to the ground and I don't have firm control. Once I start creating too much space or start letting up a little bit, you're free to move around, so I can't really allow you to do that. We are on the mat. I was just picturing you doing that on the street. That would be super uncomfortable. Yeah, very uncomfortable. You want it to be uncomfortable because you want them to calm themselves back down. I'm talking to them the whole time. I'm breathing, trying to de-escalate the situation. I'm not even really talking to them. I'm talking to my own ego, trying to get myself to relax, get myself to calm down. From the time I met you until right now, you mentioned the word emotions at least five times. So controlling the emotions in a situation like that is a big deal, right? Right. It is because you'll see where if I start yelling at you,

if I start creating a situation where, stop, I said put your hands up, comply, do what I'm telling you, you start getting amped up. Even if you don't, you know, on the battlefield, the guys that go against don't speak my language. So I'm just yelling things at them, and they're just feeling my energy. And not only that, then the other people around me, they start getting amped up. So I'm escalating a situation unnecessarily. I want to talk to you calm. I want to breathe. You okay? Everything is going to be okay? Is it coming in? And again, I'm not even so much talking to you, I'm talking to myself, my own ego. Control myself. Control my emotions. The byproduct is you'll also go, hey, this is okay. We're going to relax. On the battlefield before, when I sneak into somebody's window, I'm trying to arrest them in the middle of the night. If I put my knee on their belly, control their hands, and I'm yelling, they're going to fight. If I'm calm and relaxed, in my situation, I would say, as-salamu alaykum, which means God be with you. Alaykum as-salam is an automatic response. God be with you too. So I'm helping them up, as I'm helping them, walking them away from the situation. You're doing your job. But if I'm yelling, they're fighting. I made it. I got it. They're waking up. They're like, why is this big gorilla laying on top of me? What's happening right now? But I'm talking calm to them. I'm calming the situation down. Moving them away. They're just like, wait a minute. And he's kind of speaking my language. And he's saying, God be with you. Like, what's happening? You know what I mean? That's incredible. I wonder how many people should learn this. Because all we see many times is just people using violence and no emotions. That's how I got here in the first place. Because we were taught, before we started going to wars and really fighting, violence of action, violence of action. Use as much force as necessary. You should always escalate. But you should be able to de-escalate at any given moment. Just because I'm in a shootout with somebody, and they're barricaded into a room, doesn't mean I can't pause, call in there, and be like, hey, misunderstanding. Why don't you come out? Let's talk about it. Let some time pass. If there's not a hostage rescue, let things relax a little bit. And then maybe we can de-escalate. The other day I saw a quote that was very interesting. The person in control moves slow and talks slow. So I almost feel like you're kind of doing that. Even though you made the action, started the action, you're going very slow from them. I just got to gain control of you. Once I have control of you, that's why I'm very tight. So it's very obvious. So the approach is very quick, probably. The approach is quick. I'm offline, I'm quickly putting hands on you. I control you very quickly. But then I start talking calmer to you. If I have to throw you to the ground, fine. But I'm still going to go back to being calm again. So it's quick, calm, quick, calm, quick, calm. This is a good tempo for me, too, to have some longevity. Because if we keep escalating and escalating, and the fight keeps going on, we're both going to get tired, and then we're going to make bad decisions. No, I got it. And I have a lot of respect for you guys. Because one thing is when you see someone talking about leadership, about how to act in tough times and that. And the other thing is when the person went to 16 wars, right? Yeah, 16 combat wars. So that's the time, that's the world championship. You're literally like in the... Sure. So it's super interesting. But anyways, guys, Jason shot an entire structure all about self-defense for guardians and regular people as well. It's going to be at bgjfanatics and effectiveselfdefense.com soon. And he's one of the best people to learn self-defense from. Jiu-Jitsu Black Belt, Judo Black Belt, and 30 years on the AFCE. You cannot find that anywhere. So make sure to check it out. And thanks so much for being here. Appreciate it, guys. I really appreciate it. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed.