

Now, we're looking at the relevance of hockey fighting for jiu-jitsu takedowns in a self-defense context. We're seeing some definite overlap here. Just like in jiu-jitsu, where we're trying to form some kind of advantage over our opponent prior to the takedown, in hockey, they're trying to create some kind of advantage of their opponent prior to striking, and this often becomes important when clothing is involved in self-defense situations. Hockey is an idealized situation where both players have the same uniform, and it's ideal for gripping. Nonetheless, there are some important lessons for us as jiu-jitsu players when it's time to apply takedowns in self-defense. Now, just like jiu-jitsu, hockey players are looking for some kind of prior advantage before they begin punching people, just as we look for some kind of prior advantage before we begin taking people down. Let's understand there are some different ways in which they get advantage. The most obvious way, the one which they're looking for the most, is when they're in front of people, and they're looking to create situations where they have a grip on an opponent, and the opponent has no grip on them. As a result, they can move to an angle and bring the head down. This creates the ultimate punching position where they can throw from an angle at an exposed jaw in both side and under situations like so. Front advantage in a hockey match typically results from situations where they can get to an opponent's cross collar, and then from here, dance away from the danger hand, and bring the head down in stiff armor so that I lean forward. As the head comes up, they come up into punches of various kind. They can use their guiding hand as a pushing instrument, where when the head comes down, they push, pull, et cetera, et cetera, and hit. That's the most obvious form of advantage they're looking for. In order for him to prevent that from happening, he's going to be looking to get grips on me. This creates an interesting situation. When I get a grip on him, and he gets a grip on me, we want to get some form of advantage. One way we can do this is to go outside of our training partner's arm. I can take my head, when my opponent's got grips on me, and use what we call a head roll, where I bring my head thrown around, and take my opponent's arm straight on by, and go here to back advantage, where I put a second hand on my opponent and control the back. This creates a new kind of situation. He goes to move around, you have both grips, and you can pull your opponent to situations where you can hit from the back. Going underneath your opponent's arm, he blocks, and you go over the top, he blocks, and you go back underneath. This is advantage back position. When he goes to move away from you, now you can pull and maneuver around behind him. Advantage front is where you have a grip on him, and he has no grip on you. As a result, you can bring him down to a superior angle. You have position before the punch. Best of all is where he has grips on you, and you can use a head roll, where we just roll our head, and bring everything to the opposite side, and grip to here. When he tries to recover and come back up, you're going to find yourself in situations where you can pull and punch under your training partner's arm, and around your training partner's arm. He goes to pull away, it's very, very hard with that grip. Now, arguably, the strongest form of control of them all is advantage blind, and that's a situation where we get a hold of our training partner, we bring the head down, then we get the hold on our training partner's back, and we take his clothing up and over our training partner's head, so that he's effectively blinded. When he goes to move around him, you can see he's completely blinded, and in situations like this, we just turn our hand, and you punch into your blinded opponent's face. This is, it's just a huge advantage. You take away someone's eyesight, that's as much of an advantage as you can get, okay? So the three forms of advantage are very similar, obviously, blind advantage, we can't use any medicine, but front advantage is similar. From here, we get to a situation where I bring the head down, and I have grips on him, and he does not have grips on me. That's a huge form of advantage, okay? Very, very impressive. If he has grips on me, then I want to get advantage to the back with a head roll, which enables us to grip and get around behind the man, so situations where we can hit around and over the arm, okay? Perhaps best of all are situations where we take a hold of our training partner and bring the clothing over the head, and in situations like this, you have total

control and hit into a blinded opponent. So these are three simple ways in which hockey players create advantage prior to striking. They create control of your opponent's head, and in extreme cases, even your opponent's vision, and create a situation where you can punch with near impunity. The same way that we create situations where we have grips on an opponent, but they have no grips on us, and as a result, we can hit many strong forms of takedown, but we're using the sport as you did see. Different concepts, different applications.