

Now, all of the snapdowns we've looked at so far are very effective, but this is my second favorite snapdown. Don't worry, I'll show you the first one next. This is best done out of IL-2 situation. This is my favorite snapdown in any IL-2 situation. We come up towards the training partner, he's got right foot forward. From here, he goes to get a grip. We snap it off. As always, we look for angle. He goes to square up, I take a cross grip. So I have two hands on him, and he has no hands on me. This is the best time to hit a snapdown. Grip supremacy. You got two on him, he's got no on you. You can snap him down, even if he's much better than you in throws. So from here, he gets a grip. I snap it off. I dance to an angle. He squares up, gives me the cross grip I really wanted all along. I start moving, circling, and pulling his head in front. Don't go down yet. I start moving and circling, getting his head in front of his toe line. Now, all I'm going to do is bring my hands this way, and I'm going to go for that same half to the side. But instead of doing it off two on one, I do it off two on two. Now from here, I come in, hands go to the right. We step behind, cover the hips, and we're in a position now to score. Very, very effective. So once again, right versus right. I go in, get my grips, snap. From this position, I start circling and pulling. Now as I go in on my training partner, everything goes in opposite directions. Now we're in perfect position to go through and get to our score. Super simple, super effective. Again, I want the upper body going this way, and I want the lower body going this way, opposite directions. And as a result, we score a beautiful snap. If he's connected to me, it'll never work. He's connected. So I break the connection, circle. Now, everything goes to my right upper body. Everything goes to my left lower body, cover, and score. Super simple, super effective IOTU situation.