

Metadata: <https://www.youtube.com/watch?v=spR-6mqGRfY>

The ashi slide is much like the cha-cha slide, except for you get to break your opponent's leg in half. Alright, let's take a look at the transition. So, ashi pulls are a little bit different than an ashi slide. And when we do the ashi pulls, we typically have some sort of an anchor on our training partner. Alright, single legs, double legs, etc. Alright, underhooks, overhooks, and we're kind of circularly pulling into moves. In the ashi slide, it typically happens from a little bit of a distance, and our leg physically slides on the mat in towards our training partner. I'm going to gear up towards my training partner in a situation where I pull my training partner's leg towards me, and I'm in an ai atsu situation. So once again, I pull my training partner's leg towards me. Ai atsu situation, opposite side legs. As I get into this situation, I'm going to fire my hand in across towards my training partner's hamstring with that high crotch grip. This time, I only need one hand. I don't need to get a hold of a single leg. I don't need to get a hold of a double leg. I just hold with one hand. Once again, my rear leg slides through and around the corner so that I can get my leg around my training partner's hip. This movement happens much quicker and requires much less to make it happen. It can sit in comparison to double leg, single leg, etc., so it's a great move to have in your arsenal. So I'm wrestling with my training partner. I fire in, I slide, and I wrap my leg around my opponent's hip like so. From this position, once again, we'll look to transition. I start turning my training partner, getting a hold of the heel, rolling my training partner through, and breaking for our outside heel hook. Once again, this might be a move where if you feel as though your training partner does a really good job backing up legs, you might want to fake towards your training partner's opposite leg before you try to make something like this happen. So for instance, I might pull my training partner through, reach towards one leg, grab the second, slide through underneath my training partner. Once again, making damn sure this knee comes to my chest. I can't pull and plant two feet on the floor and get mounted, okay? Certainly if that happens, don't tell anybody you learned how to do this from my DVD. I get into this situation, I start turning my training partner, let's go, and I start rolling through for that outside heel hook.