

Metadata: <https://www.youtube.com/watch?v=yREaKFKt99s>

Alright, so we talked about how we're using our lines of defense, but as much as our lines of defense are used for defense, they're also used for offense, alright? So the same way that I was saying how we have to get inside and control this position, we're also going to use that to our advantage to get to our double leg, alright? A double leg is a very simple and easy shot, and you know, in folk style, or even in freestyle and wrestling in general, a lot of times we shoot the double leg with the head on the outside, right here. I would think that for jiu-jitsu, it can get a little dangerous, I know I've talked with some guys, Joe's informed me, like, you know, things like the guillotine and stuff show up if we possibly land wrong, so I think a good way for us to eliminate that option, but still be having an effective double leg, is to use our hands to then set up our shot, and what we're going to do is we're going to take our forehead, we're going to go through his sternum, and our hands, our aiming point for our hands are right behind his thigh, so we want to be here, alright, and we're going to run through his chest, through his body, and as we run, we're taking his feet out from underneath him, and this is a way that I think is effective for you guys, so you don't end up in somebody's guard, so that you can get there and get right to side control, alright? So, the way we set this up, alright, we don't want to be outside, once again, this is no, this is a no-no, alright, to set this up, we're going to come inside, okay, and one thing I want to happen is I want you guys to have a collar, alright, collar on the back of his neck, collar on the back of his neck, alright, hand in the armpit, now what will happen from here, is we're going to snap, now when you snap, you are not going to back up, and you are not going to raise a lip up, and what I mean by that, is when I snap on him, when I snap, I don't back up this far, you see how much space was created between us, okay, that's not what I want, alright, and usually, when I snap, this guy will take a step forward, right, when I snap, he'll step forward, you see, because I'm going to snap him really hard, he's going to happen, alright, he's going to take a step forward, or he's going to resist, alright, one of those two options is going to happen, but majority of the time, they step forward, alright, so if he steps forward though, and I back up, you see, I didn't change the distance between us, for me to get to the shot, so when I snap, alright, all I'm doing is level changing, not backing up, I level change, alright, so I snap, and I keep low, I don't want, what I don't want to happen is for me to come back up, I don't want this, and I come back and I meet him again, it defeats purpose, because then I got to come back down to take the shot, so I snap, alright, I stay down, and then I blast to the position, alright, so I snap, he comes up, I release, let him come up, alright, I'm already down, ready in this position, head, goes through the sternum, hands, goes to the back of the legs, I run through, as I run, my arms, whichever side I want to go to, my arms go the opposite way, so if I want to end up on my left side, his right side, my arms go this way, alright, so I run, take him over, get to my side control, alright, again, okay, when I snap, I don't step back, I don't step back and I don't come up with him, I snap, I load, see how my hips, everything's loaded, I snap him, he comes up, alright, I blast through, alright, so snap, I'm loaded, boom, there I am, head through the sternum, hands to the back of the legs, run through the position, alright, I can see that, run through the position, I can see his back control, alright, and the big thing here, you can show this, the reason I'm showing this, because I don't want you guys to get stuck here, yep, and now we're having these issues, alright, I don't want that to be the case, if you do end up getting here though, alright, and this is a problem right here, for me, I would just lift him up in the air, get his feet off the ground, alright, so in order to do that, alright, my hips have to stay in line with me, alright, as I step through, my hips come up through it, I don't pick up like this, alright, and in fact, I think this helps him to get to this position even better, okay, I keep my head up in his armpit, okay, to drive him away from me, alright, you see that, how he's driving, I'm driving with my head, okay, so I have my hands locked, I'm driving away with my head, and I lift through this position, alright, now I have him up, so it's not here, this is a problem, this makes it worse, alright, I drive through his armpit, right here, lock my hands, alright, run my feet, my hips underneath me, get

him off the ground, alright, two basic ways to do a double leg, like I said, I really recommend you guys driving your head through the chest, so you don't get in that situation with guillotine, but if you do, remember, I don't lift with my butt first, alright, that's bad, butt doesn't go first, head, head comes up, alright, driving with your head, driving across, lift from your hips, and pick him up off the ground.