

Now, we're looking at standing, sorry, standing rear body lock takedowns, the rear takedowns that are typically easier to score on an opponent. One of the great front takedowns of Jiu-Jitsu and Judo is Kosoho Gake, okay, many different variations of this. The idea is that I hook my opponent's leg from the outside and push my opponent backwards, okay? So, for example, if we're gripped up like so, many different variations of Kosoho Gake. One of them might be a calf-to-calf variation, where I take my training partner over like so, okay? There are also knee-to-knee or hip-to-hip variations with a strong body, okay, gripping me, okay? From here, we can hit knee-to-knee variations, where I come and I bring my knee behind my training partner and find myself in a good position to take him down, okay? I can come in hip-to-hip on a training partner and then from here, take my man down to the floor, many different variations. You'll see this all the time in grappling skills, where you come in on a training partner and put our man down to the floor. It's a beautiful takedown, highly effective. There's also variations where we just go in calf-to-calf or even foot-to-foot on a training partner and bring our man down to the floor. We'll be looking at a lot of Kosoho Gari and Kosoho Gake variations later on in the video series. But the easiest one for you to learn from the start is using Kosoho Gake variations from the back, reverse Kosoho. And the idea is, I take my knee and bump here, just like so, and I bring my body over the knee and force his hands to the mat, okay? It's one of the easiest ways to take a tough, resisting opponent and just force his hands to the floor, okay? So if I'm behind an opponent, just like so, I'll come in, I'll put my knee right there in front of his knee, and I'll just bump him and force his hands down to the mat, okay? It's one of my favorite ways to go. Now, when you put someone into a four-point position, in the sport of Judo, you score zero points for this. In the sport of wrestling, you score zero points, because in wrestling, I have to touch his knee on the floor to get a score. But in Jiu-Jitsu, you get a chance to double your money. I only get two points for a takedown, but I get four points if I take his back, if I get two hooks in. My whole thing is, when you use these reverse Kusotos, use it as an opportunity not to get takedown points, but to get back points. Why would I take two points when I can spend the same amount of energy and get four points? And I'm in the best strangling position in the whole sport of Jiu-Jitsu. You get double the points, and you get a chance to strangle him. That's way better than taking him down. So we're going to be behind that training partner position this way, buddy. We're in here, we walk up, from here I go long arm, short arm, I bring my knee around the corner, and I force his hands down to the mat, okay? From here, this face to the camera, right? I'm going to take my hand in and lock inside my training partner's thigh. My right foot, make a strong body, is already in. Now I'm just going to pass my left foot over the top and hook in. I have asymmetrical hooks. This foot hooks into my training partner's hamstring, and my other leg is deep around. So I'm hamstringing deep on my right leg, and I'm shoelace deep on my left leg. This gives me an extraordinary ability to hang off my training partner's body weight. How are you doing, Giancarlo? Nice to see you. And from here, it's easy for us to take his wrist, one wrist to the other, and what have we got? Four points for the takedown, okay? So once again, remember guys, why would you score two points, when you can score four and strangle him, okay? Koso de gake from the back. We got behind our opponent. Maybe we did it out of a single leg, maybe we did it out of an arm drag, however we did it, we find ourselves here. I come in, I take my knee around the corner, and control him. I never clumsily sit on my training partner's knee, never, never, never. Guys, one of the most important safety rules I could ever give you in a standing position, we never spread you wide in place, we never sit on the outside of our training partner's knee, never, never, never. Guys, you have to all promise me, when you're doing standing technique, you will never sit on the outside of your training partner's knee. I've seen more people get their legs wrecked by this clumsy, unforgivable mistake than all the others put together, where people, I don't know why jiu-jitsu players do this, but I never see wrestlers do this, I never see judo players do it, I never see samba players do it, but I see jiu-jitsu guys do this all the time. When they put a leg over, and normally the head's in front, and Ginko, I'm just going to do this

very gently, I think, they sit on their training partner's knee, and they sit to their buttocks, make strong body, buddy, they sit like this, and bang, they blow this knee out every time. I've seen it so many times, I've heard the horrible screams and the snapping of tendons, it's a terrible, terrible thing. It's not a good takedown, and you can put one of your buddies in hospital for a long, long time. So, guys, all of you, promise me one thing, never have your head in front, spread your base, and sit on the outside of the knee towards your buttocks. That's when you break people's legs, okay? It has nothing to do with your intentions, these are not evil people who are trying to hurt people, they just don't know what they're doing, okay? You would never see a judo player do it, you'd never see a samba or a wrestler play do this, they all do the right thing. They start lifting people from here, they start tripping people from here, they use all kinds of methods that safely put people down to the floor, okay? But what you can't do, I don't know what it is about jiu-jitsu, how this became a thing in jiu-jitsu, but it did. And so, you see jiu-jitsu players do this kind of madness, where they just sit on people's legs and try to take people down, and they end up just busting the knee. As Giancarlo's knee goes inwards, it just snaps, okay? And it's not even effective as a takedown, you may, nine times out of ten when people try this, turn it to me Giancarlo, as I do, this happens, okay? It's not even effective as a takedown, and I don't know how this became part of jiu-jitsu culture, but it's a disaster, it's a shitty takedown done in that fashion, and the only time I've seen it work is when it completely destroyed people's knees, okay? It's hazardous and ineffective, this is the worst possible combination, there's so many things you could do from there that are so much more effective, and so much safer. Please don't ever do this when you're training. Let's make a little pledge that when we work with each other, you watch the video and you're working with your buddies in the gym, never, never, never sit on people's legs, okay? What I mean by this is that you're sitting to your buttocks. If I'm here with my head in front, spread your legs, and I sit to my buttocks, that's when you bust people's legs, I see it all the time, okay? Guys come to my academy, they visit, they have good intentions, but they do this, I'm like, oh my god, what are you doing man? There's so many things you could do from here. If in these situations, people just went to a knee for example, okay, the knee is very, very safe, and you're not gonna hurt people, but when you sit to your buttocks in these situations, that's when people get wrecked, okay, so none of that guys, just don't do it, okay? Instead, let's do something far more effective from a concerted situation, where I just take my knee, and I just bump his hands to the mat, okay, I put in my thigh pry, I put my hand here in the thigh lapel, and then from this situation, I just throw my leg over the top, and I take long hook and short hook, like so, so I can hang my weight off my training partner, I should be able to touch the floor with my head, reach for the far arm, reach for strangleholds, I should be able to do sit-ups in this situation, then I bring his wrist to the other wrist, and down he goes to the mat, and we've got the win, okay? So not only can you use the co-solo to break your opponent down from standing position back down to the floor, but you just doubled your money, you didn't get two points, you got four points, and what you're gonna find from situations like this, not only do you score four points, you get in situations where you can start strangling people, okay? So if we have our buddy here in front of us, and we hit our reverse co-solo, we dog him down to the mat, as I throw everything in under these circumstances, we start getting in behind people, it's an easy thing for us to start transferring the hand, slowly, then we get into a good strangle position, from here, it's not difficult for us to start reaching for the legs, and then from here, we end up not just with a takedown, but with a beautiful strangle, and this is so much more profitable, so much safer, so much more high scoring, why would you take these other crazy options when you can do things like this, okay? So that's the reverse kosori gaki from the back, and how we can use it to score twice as many points as usual, and go into our favorite strangle position.