

leg. A really crucial part of a good high single leg attack is the positioning of your head. When we have our training partner's leg up like so, if I have my head in a poorly placed position out here, I'm very vulnerable to him pushing my head away from the takedown. Then he starts punching and it gets ugly. He can direct my head into a front headlock. Even people who aren't really highly trained fighters these days, they've all seen a UFC, they all know what a guillotine stranglehold is. So my whole thing is I position my forehead on the near pectoral. I don't put my ear on the chest. Now he can redirect my head and start punching. My whole thing is I go right here. I take the front of my forehead here so that it becomes a pushing force, which when combined with chest pressure, gives you excellent control of your opponent. It puts weight on his heels. When he goes to punch, this pressure takes him out of balance. It makes it very easy for me to level change and come up into the high leg position. From here we can go to work. So my whole thing is I don't hit my head out here. We can misdirect the head. If I feel him misdirecting my head, I got lazy or sloppy, go strong. I put my head right here, in the neck here. So he's constantly under pressure and hoping to adjust his balance. They all have to do what he just did. Put their hands on your collarbones. As they try to push, they try to create separation. Now he can push my head and punch me. So my whole thing is I drive in here and I put chest pressure down. Very, very difficult. Okay, now if he goes to grab my hands, et cetera, et cetera, I'm going to peel my hands, peel my hands, like so. Some guys will do this if they have any kind of training. Under those circumstances, it's going to be pretty easy for us to get our opponent's knee rotating and force the hands to the mat and go in and attack. So my whole thing, let's come close to the camera. Once I pick up the single leg, this thing, is this. My head in the near pick. I don't slide across and come in. Once I get the leg, I come in here. And as I walk to the opposite leg, that's my position. The chest pressure in the head position, he goes to move me around, very, very difficult. We've got good pressure set up, the high leg. So putting it all together, watch my head position. As I pull the leg in, initially I come in, I pick it up, and then it goes right into that space. So my chest faces him. I don't get too side on. Okay, this is good for wrestling. Okay, I take my shoulder and I put it over the top. Good for wrestling. Puts a lot of pressure on him. But he can start throwing punches, etc. I generally favor this. Okay, it makes it pretty easy for us to come in and get to the high leg situation. Once we get high leg, we're looking good. So that's the key to head position for self-defense.