

Third golden rule of street applications of takedowns in jiu-jitsu. This is one that I believe is probably going to be a little controversial. I favor low amplitude takedowns for street self-defense. My reasoning is very simple. We live in a litigious society, and if you throw someone very hard into the concrete, bad things are going to happen, potentially for both of you. It doesn't take a rocket scientist to figure out that a full-powered tai-toshi or o-goshi into concrete, someone who's never fallen before in their life gets thrown hard into the concrete, there's a very good chance their head will make powerful impact with the cement, and who knows what happens from there. There's also a very good chance that this will be filmed while you do it. That's not good. It's not a good look in a court of law. There's also a danger to yourself. What does this mean? You often hear people say, Marren, if I'm in a self-defense situation, I'm going to bury that guy. I'm going to hit him with the earth, throw him down into the concrete, and show him what's up. Yeah, you could, and you could also hurt yourself with that. I want you guys to pay attention. I'm going to throw with o-goshi. It's a commonly used self-defense technique, or at least commonly taught self-defense technique. I want you guys to pay attention to what hits the ground first. We're on a mat. Now imagine we were on cement. We go in on a training partner, we get a hold of our man just like so. Now I'm going to go in and attack with o-goshi. Ask yourselves, if this was cement, what hits the ground first? What's the answer? It's my elbow. The first thing that hit the ground was my right elbow. It wasn't him. It was me. My right elbow just hit cement with the weight of two adult male human beings moving at considerable velocity. What do you think is going to happen to my elbow? It's going to get severely broken. It's not going to be the ligaments that break, it's going to be the bones that get fractured. I've seen this happen twice in my bouncing career. The point of your elbow doesn't take that kind of impact. When you go into a powerful forward throw on cement, you're both going to get hurt. You don't just pile drive someone into the cement and just get up like it's a Hollywood movie. What we just did would have resulted in a broken right elbow on my part. My recommendation to you is this. Put your opponent down gently and focus on getting a dominant position rather than just slamming them as hard as you can into the ground. That way you're going to have a lot less problems with potential lawsuits, criminal prosecutions, and your own injuries. My thing is, I like to put people down into the ground with relatively little impact because most of your opponents in a street fight have literally no idea how to fall. They're not trained martial artists and they can fall very hazardously and hurt themselves. I put them down relatively gently but into a position where I can escalate the violence if necessary in my favor. So if we hit high single leg situation, I'm going to come up here. From here, if I just roll my opponent's hands down to the floor, you're in a position now where you could do severe damage to someone from here. You could also just rather gently put them down to the floor. If he goes to stand up in a situation like this, it's not going to be able to put him down to the mat and work down there in a dominant position. No one's going to get absolutely brutally hurt using that technique. And it's relatively low impact. There's no impact for me and there's pretty light impact for him. Most untrained people tend to fall better forwards than they do backwards. Untrained people tend to hit their head into the cement when they fall and that can cause catastrophic injuries and then you are now liable for that. Untrained people tend to fall better forwards towards their hands and knees. They'll have some injuries potentially but not like a skull fracture. So my thing is I get a leg up, most of the time I'm looking to create situations where I turn him away from me so he can't punch me from a position like this. Secondly, it's pretty low impact and no one's going to get wrecked doing that. And from situations like that, you're now in a position where you can break them down to the floor and do what you have to do from that position. So my whole thing is use relatively low impact techniques. It's safer for both of you, not just him but also you. It will limit the amount of damage and possible legal problems that you'll have to face. Don't get me wrong, there's times when there is a place for high energy throws. I'll talk about that later. Don't worry. I won't talk about it. But most of the time, you're better off putting someone down a little more gently and then using

position as your friend rather than potentially ruinous impact with the planet Earth using a high amplitude throw. So that's our next golden rule of jiu-jitsu takedowns.