

Now, we're trying to turn you guys into very, very competent ankle pickers in a very short period of time. And one of the big ways we're going to do this is by making you good at snap downs and understanding the relationship between snap downs and ankle picks. If you can understand this relationship, you're going to have a lot of success in a fairly short period of time. Okay. Whenever we hit a snap down in jiu-jitsu, in nine cases out of 10, we have to make sure that our opponent doesn't have a grip of what we call a power hand on the lapels. If we grip up like so, and I try to snap Giancarlo down to the mat when his body is upright and he has a grip here on my lapels, he's connected to my torso through this power hand. And as a result, strong body, it's almost impossible to snap him down to the mat. You feel completely feeble. Now this stands in contrast to situations where I take away his power hand and then I make his feet go back and his head forward. So for example, I could go fake Ko-Uchi-Gari, okay? I could drag my shin button around, I could take Ko-Uchi-Gari and get him stepping back. Now his head is in front of his feet and he has no connection to my torso. And as a result, it's an easy thing for me to run across my shin button body and shake him down to the mat. Okay? Now, what do you think someone's going to do when you're just shaking them down to the mat? What do you think their reaction is going to be? Well if they don't react, in the sport of Jiu-Jitsu, if I'm shaking someone down to the mat and they don't react, and I spin behind, and I hold a knee down on the floor for three seconds, okay? I score two points. In Judo you wouldn't score any points for that. In Jiu-Jitsu you score two points. So your opponents are going to want to get back up to their feet. If they don't, you go behind them and you score. So the majority of them are going to try and stand back up to prevent you scoring. Here's a word to the wise. When they go to stand up from a kneeling position, they are extremely vulnerable to ankle picks. Much more so than they would ordinarily be if they were in a strong defensive stance. Probably the easiest ankle picks in all of Jiu-Jitsu are situations where your opponent is kneeling and they go to stand up. There's a window of opportunity for you to take advantage of where you can score a lot of points. If he's in a strong defensive stance and I have grips on him, and he knows I like ankle picks, it can be damn hard to score, even if you know what you're doing and you're good at it. If he's expecting an ankle pick, he's got fast feet and he knows how to use grips, it can be tough. But if my opponent is kneeling and we've taken him down to the floor, when they go to stand up, they go one leg at a time and it's a slow, clumsy process. As he goes up, we go under and now we find ourselves able to penetrate through his defenses very, very easily. Why? Because he's not focused on defending himself. He's focused on getting back up to his feet and in that window of opportunity, the takedowns come easy. So it looks like this. We're in front of our training partner, he's relatively upright, and from here, we're interested in getting grips. We know that we typically start by negating his power hand. Why? Because we're Aikido and we don't want to start by just clumsily putting a power hand on him and him taking us down. So when we come out towards our training partner, he tries to get grips on me, we intercept the hand, and we're in a good position to start our attacks. Okay, I've negated his power hand, now I put a hand on him and from here I get his feet back, back to uchi, and then I start pulling him down to the mat. As he goes to get back up, as his head rises, my head goes underneath him, and from here we come into our ankle pick and we put him down to the floor. If you can learn to take advantage of this window of opportunity, as one man goes up, you're going down, you're going to put a lot of people down and score two points a lot of times. Okay? So once again, we come out, like this is right situation, he comes out to make grips, we intercept the hand, and start dancing out to the side. I see my opportunity to take a grip and lock it in. He can put his hands on me now, it means nothing. Okay? Now I want his feet going back, so we come in, we attack, toji gari. He steps off, I step out to the side, and I bring his head down. As his head rises, and he comes up, he gives us the perfect time to go into our ankle pick and put him down to the mat. Okay? So that is one great example of using a snap down to set up a very easy ankle pick. Another classic snap down is what I'm calling the seoi snap. Really what it is,

is it's kind of a butchered version of an old judo throw you don't see very often these days, uke otoshi. And the idea is that we're going to drop body weight and snap our opponent down in a move that looks superficially similar to a seoi nage. Okay? The idea is, we've got an opponent here in front of us, and he comes out, he makes grips, we go through, we snap his grip off, I take either straight or cross grip, like so, and we start dancing around the mat. He goes into his defensive postures, from here, we start dancing around the mat. Now as I bring him forward onto his toes, we create situations where I bring his arm up, I jump my body in, and I snap him down to all fours. I would love to put him on his back and score points, but you know what it's like. Guys are tough. They don't give up easy takedown points. They scramble back up to their feet. As they go back up to their feet, it's so easy for us to pick and put him down. Okay? I'll say this to you again, guys. The most vulnerable guy in a standing position is the guy who's going to stand up. You pull that foot away, and they fall like children. Guys that you could normally never take down, suddenly become pretty easy to take down. So we start off, right versus right situation. He comes out and makes a grip, we take away his power hand, okay? From here, we start a full motion on our training partner, I come through, I try a Sailor snap. He comes up to his feet, and we create a situation where we can pick him down to the floor, okay? So this would be a second example of using a variation of a snap down, in this case a Sailor snap, to get our opponent down to his knees, and then we attack him as he tries to recover. If he doesn't get off his knees, that's a good time for you just to circle around behind him and score points. So, of course, he's going to try and stand up, and when he does, he's very, very vulnerable.