

Now, we're looking at the similarities between the sport of, I guess it's not really a sport, the aspect of ice hockey, in particular hockey fighting, and its relevance to self-defense takedowns using jiu-jitsu where clothing is involved. We just looked at the idea of working with neutral grips where we both had the same side forward. Now, do you remember in the takedown section, we made a big distinction between kenki-otsu and ai-otsu, and we saw that essentially there's two grip fighting and throwing scenarios where it's same stance and opposite stance. Hockey fighting is exactly the same. In the previous sequence, both of us had our left side forward. We're both right-handed punchers, and so it made sense for us to grip left-handed. Then from here, we looked for some kind of positional advantage before we started punching. What if my opponent switches stance? Now things get interesting. When I get a grip on my opponent in this position, our lead hands tend to clash, and so it's harder for me to get to my grips because our lead hands are clashing. In addition, even if I secure a grip on my training partner, I'm right in front of my opponent's power hand, and even though I have a grip, I can be severely hurt from this position. Now, let's understand that in the ai-otsu situation, our general movement was towards our training partner's back. The idea was that we stuff a hand and we move around towards the back to create an advantageous angle on an opponent. In the kenki-otsu situation, we don't go to the back, we go to the center line. Let's understand that just like sport jiu-jitsu, if I stand on my training partner's center line, I'm in a position where they have very little stability backwards and forwards, as opposed to directly in front of them, where they're very stable, forwards and backwards. If I can ever get to my opponent's center line, you now have the perfect position where every punch is felt as a very severe destabilizing effect. So kenki-otsu hockey fighting is a very different kettle of fish. A very good friend of my student, Georges St-Pierre, was Georges Laroque, who was a notorious hockey fighter in the Canadian leagues, and he was a mountain of a man, and he had a formidable record in the sport of ice hockey, and he was a lefty, he would always fight his opponents, and he gave people hell using this simple left-handed strategy. As we come out, the gripping here has to be a little different. I can't, as it were, maneuver my way to the grip. If we hand fight, I'm in front of his other hand, I'm getting punched in the face. So we have to use the jab method of getting to our grips. So as we come out towards our training partner, we put our hand on top of our training partner's hand, and I take a step outside my opponent's hand and grip. Then the whole idea is to pull my opponent behind me and expose his center line. So our thing now is to move in this direction, pull, and expose the center line of the body. As the head comes down, you're in a position now to fire right up the middle or fire underneath. So instead of, in the Aiaotsu situation, maneuvering to the outside and punching from here, now we come in, high hand, catch. Everything's a step across, and I pull him in this direction here, and that's going to create a situation where you can come up or around and attack the center line. So Kenki Aiaotsu, pocky fighting, very different kettle of fish. We go in, we make an initial catch, a step across, and a big pull that brings this head down into a situation where you've exposed the center line. He has no grip on you, you have a grip on him, and as a result, you can go to work. Every time we move and pull, we're in the perfect position to hit. And so you see, just like Jiu Jitsu and hockey, Kenki Aiaotsu is a very different kettle of fish from Aiaotsu, but the central idea, the idea of creating advantage through grip and position remains the same.