

Now, we're starting to look at one of my favorite takedowns whenever we work with a Gi, Kuchikidoshi, the knee pick. In particular, the inside knee pick, which I think is particularly well suited to the Gi game. In the previous move, my opponent took an exaggerated Jigotai, defensive stance, and as a result, gripping over the back of the shoulder was a very good option for us. Now he plays more upright, and as a result, the back of the shoulder may not always be appropriate, okay? My opponent can block me. So instead, we're going to go in and we're going to aim for the lapel. It's safe because we're Kenki Yotsu. As a result, we can go in and get our grip. Now, you guys know already from the rest of this video, I'm a big fan of movement once we get a grip. Don't get a grip. Don't be that guy that gets a grip and just goes stationary. Now, he breaks my grip, takes my arm across, and I'm in trouble, okay? Be the guy that gets a grip and starts moving your opponent with purpose. That's what you want to be, okay? So we come out towards our training partner. I identify, yep, this is a Kenki Yotsu situation. He's relatively upright, semi-crouched. From here, I get my grip. The second we get that grip, we're moving. I'm moving towards my training partner's center line. Now we're in perfect position to go through Kuchiki or knee pick for the finish. So once again, I come out towards my training partner. From semi-crouch, I get my first grip. Now it's all about movement, playing with the gi. From here, I go straight on through. My head goes underneath, my knee next to his knee. He goes to sprawl. It's so difficult. And as a result, we get a nice takedown for the finish. Let's make sure, guys, that our head position is correct. When I come in, my head goes here. So when he goes to sprawl, it's hard. If my head goes under his body and he sprawls, you get caught underneath his body weight. That's not what we're looking for. It's safe from a guillotine because he's holding your jacket, okay? So once again, we start off. I go in, I get my grip. I go in, towards, drive, and cut him down. One more time. Kuchiki doshi. Kenki otsu situation. From here, forwards, and drive for the takedown.