

We're going to look at a throw. It's not really a throw, to be honest with you. It's a snapdown, but it's an important category of snapdown in the sport of Jiu-Jitsu. It's often misdescribed as a Seoi-Nage. It is not. Understand that Seoi-Nage, the idea is to get underneath my opponent's central gravity and lift them. So any Seoi-Nage, I'll demonstrate a drop Ippon Seoi-Nage. He's got a grip. From here, from here. In Ippon Seoi-Nage, I go through and underneath my training partner's central gravity. And from here, there's a rotation and a lift. So the idea of Seoi-Nage is I go under and lift, under a central gravity. In the Seoi snap, there is a superficial resemblance with Seoi-Nage, but the actual criteria and mechanics of the throw are radically different. I do not get under my opponent's central gravity in a Seoi snap. I actually walk away from his central gravity. It's the exact opposite of Seoi-Nage. Instead of going in and under, I go out and away. The idea is that I'm going to bring my opponent's head in front of his toe line. Then I'm going to bring his hand high. Okay, that's the prerequisite. From a situation like this, as I walk away from my opponent, I get an ability to snap in a forwards direction here. Not directly forwards, but forwards and across. So I bring him onto his toes and whip through. Okay, so you can see it looks kind of like a Seoi-Nage. I understand why people think it's a Seoi-Nage, but it's not. Mechanically, Seoi-Nage, you go underneath and lift. Here, we go away and snap. So we're bringing him down instead of lifting him up. Once you understand that, you can start hitting this move. Now, some words about this move. First, it's easier than Seoi-Nage. It doesn't require your ability to get through on your opponent and penetrate underneath the central gravity. So no penetration is required. That sounds a little strange. You don't need to penetrate through underneath your opponent's center gravity to get the move to work. The other piece of good news is, you don't expose your back to the same degree as you do for Seoi-Nage. In Seoi-Nage, there's a lot of back exposure. And if I screw things up, I'm in a bad, bad position. Okay, so from here, he gets a grip. I go over the top. If I screw up a Seoi-Nage and I go through underneath and from this position, I get countered, oh no, this is bad. This is really bad. Okay, the match has barely started. He's on my back. He's probably going to get two hooks in and I'm in a position where I've got to fight for my life now. Okay, in Seoi-Snap, I'm further away from my opponent and I don't really expose my back because I'm going to be out here. I never put my back directly in front of him. Okay, I put my side in front of him. Then all I do is draw his weight forward and I just whip everything down to the mat and lift the sleeve. Okay, so it's a lot less risky than Seoi-Nage and it's a lot easier. Now, the downside is it's not as powerful. Okay, Seoi-Nage, if you really hit it hard, is a high amplitude throw. There's a reason why no one uses Seoi-Snap in Judo because mechanically, it's a lot weaker as a throw. But remember, in Jiu-Jitsu, the weakest throws score the same as the biggest throws. So, if I just drop my opponent to two knees and go behind him, I score the same two points I would if I hit him with a beautiful picture-perfect Seoi-Nage. So, there's motivations for a Jiu-Jitsu player to use this. It's easier. There's less back exposure and it's going to score the same points as a beautiful Seoi-Nage, despite being a lot easier to perform. The skill level required for a Seoi-Snap is insignificant compared with the skill level required for a beautiful Seoi-Nage. A true Seoi-Nage is a difficult, high-skill move. A Seoi-Snap is pretty easy, okay? And if you screw it up, nothing really bad happens. If I screw up a Seoi-Snap and he just kind of goes down to his knees, for example, nothing bad happens. We just stand up together and you're back to square one. If I screw up a Seoi-Nage, he's got two hooks in, he just scored four points and I'm fighting for survival as he's on my back. So, let's have a look at the Seoi-Snap. I'm going to start off by showing you what I believe is the best version of it, the one which is easiest for most people to perform. The key elements, as with any snap down, get his hands off your torso. If my training partner has a grip here, you will find it very difficult to hit a Seoi-Snap because he's connected to your torso, okay? Even if I get an angle on him from here, when I go to snap and hold tight, he's connected to my torso and it's very hard to bring him down to the floor. Remember, in a Seoi-Snap, the intention is to bring his shoulder to the mat. My intention is to get his shoulder to touch, don't fall over. If I can touch his shoulder, then I just

pull his sleeve and that puts him on his shoulders for a low amplitude throw. It's not going to score an Ippon in Judo, but it's going to score two points in Jiu-Jitsu with a lot less risk, okay? Now, in my opinion, there's many grips you can use for this, but in my opinion, the best one is a cross grip, especially in the right versus right situation, the most common situation in Jiu-Jitsu. So, we're going to start off, he's going to get a grip. I'm going to put my hand on and lock. I'm going to take a cross grip on my training partner and I'm going to use the grip break that we saw earlier in this video to snap his grip off. Now, we have grip supremacy. I have two hands on him, he has no hands on me. Even if he did grab my sleeves, I would still have a dominant grip here because I have a power hand and he doesn't. Now, what I want to do is to start to square him up to me. Now, what I want to do is to bring him onto his toes, so I walk away and lift. Now, all I do is whip and look in the direction that my elbow is pointing. I drop my right knee and throw, okay? Now, right now, Giancarlo has been a nice fellow and he's falling for me. In a realistic combat situation, we'll deal with this later, it may not always look that pretty. A lot of times, we have to throw more than once. A lot of times, we have to kind of dog him down to the mat by standing up and pulling and running him down. I'll deal with this soon, but first, you've got to know the basic mechanics. So, right versus right situation. From here, he comes out, gets his grip. I go through, I get my grip. I take a cross grip, snap his grip off. He tries to come back to my lapel, I make it difficult. Now, I create motion. He gets his grips on me, big feeble grips. My grip is good, his is feeble. Now, I start dancing and bringing his feet behind his head. Now, all I do is I bring the hand up so that his wrist is the same height as my forehead. If the hand is down here, strong body, when I drop, nothing happens. So, I need to get my head underneath his wrist. The way I do that is by combination of me going down and him going up. And as a result, we get a seoi snap. When it's done properly, there is a wave effect that looks like this. Down, up, down, up, drop. Okay? So, let's see. Right foot forward. From here, grips. The action is one of, as I move. I want to walk away from him to draw him onto his toes. Now, we're ready to go. And down. Taking it from the start, he comes down, makes grips. And seoi snap for the takedown.