

Now, this is one of my favorite takedowns, sorry, one of my favorite setups to a double leg takedown with a geek. I come out right versus right situation. From here, I offer a cuff to my opponent. He takes the bait. I go through, cross cuff grip. I use the Roman salute to snap the grip off, and I give a little pull to square the man up. As a result, we're in perfect position. We go in on our training partner, and then turn the corner to put the man down to the floor. Remember, guys, a double leg is best done on a square opponent. If my opponent's staggered, face the camera, he's got a deep stagger. If I come in on a staggered opponent, my right arm is too long. He goes to sprawl, and I don't hit good control on the right side, and as a result, I lose the leg. The best time to hit double legs is on a squared opponent who's completely square. Now, it's easy to get a hold of both of my training partner's legs. When he goes to sprawl from here, it's easy for us to keep our upright body posted and put him down to the man. So we've got an opponent here in front of us. He's right-hand stance. From here, I give him a little bait. I come through, cross grip. I pull and square the man up. He goes to yank that grip away from me, and that's exactly what we're looking for. We go straight on in. Now, the leg comes up, we turn, and put him down to the floor. One more time. I want to square this man up. From here, we're in position. I give him something, a little bit of honey. From here, pull and square the man. Now we're in perfect position to go straight on in. We lock up, turn, and then we go to the floor, okay? Cross cuff, very effective setup to a double leg.