

Now, as you guys probably figured out by now, I'm a big fan of Kuchikidoshi, the knee pick, especially the inside knee pick. It's a very simple, very robust takedown, doesn't take a lot of skill, and gets great results. In my opinion, easier for most people to apply than a single leg, and gets faster finishes, so you're less vulnerable to counters as you apply the move. One of my favorite ways to get students thinking about Kuchikidoshi is out-of-grip fighting situations. You're fighting for grips, and you spontaneously go into the move. Here's one of my favorites. I've got a skilled opponent in front of me, and from here, I fake the hand tie-ups. He's trying to grab my lapels, and I'm defending the lapels, okay? He wants a lapel, I bat it away, he wants a lapel, I bat it away, okay, go. And there's my grip, okay? He wants a lapel, boom, he wants a lapel, boom, grab. Now from here, I start pulling. I go in on my training partner's leg, and there we have Kuchikidoshi. So we defend our lapels, and we use a snatching method, a jabbing method, to get to the back of the shoulder. He wants a lapel, boom, he wants a lapel, boom, and we use this to get our grip. I circle and pull, my knee goes next to his foot, and we're in perfect position to put him down. Another one, which I favor a lot. From here, he's right-handed. I want to get to my opponent's shoulders, so I play a trick. I give him a lapel, I put my hand on the outside, I switch my stance. I was right-handed, I switch my stance, I break the grip. From the grip break, I switch back and get my hand on. I pull, release, hand goes in. He goes to make grips on me, we're in perfect position to pull, expose my training partner's leg, and come in for the chop down. So many ways for us to work this move. I stand right, he's right. He gets a grip. I come in, lock up. I grip, switch, pull. I switch back, hands on, circle and pull. I start moving, moving, there's what we're looking for. I come in, drive, and down we go to the mat. He stands kinky, I'll see. From here, he grips. I go in on my training partner, I snap the grip off, I put a hand on the wrist. He goes to yank out, gives me what I really wanted, all along. As a result, we're able to go through and play. You can see that you're limited only by your imagination as to what kind of grips you can get. He goes through kinky otsu, I snap his grip off, I expose his shoulder. I release, he yanks out, but he leaves me the shoulder. And as a result, we're in perfect position to go on through. I leave it up to you to use your imagination to find ways to get to your opponent's shoulder or lapel. He comes in, gets a grip. I go in, I get a grip. I bring my hand down, peel his hand off. Now from here, I bring my second hand up, pull, grip, and down. All of them just have in common all the grip fighting methods that we looked at earlier in this video. They're just extrapolations of what we saw. Ultimately, we're looking to create situations where I have a grip on him and he doesn't have much of a grip on me. That imbalance enables us to generate a jacking position. Just use your imagination. Use the grip fighting methods that we saw earlier in this video, and you're going to find yourself taking a lot of people down with kuchiki to oshi. Some of you may know that I'm not a big proponent of using tani otoshi, a fairly standard method of takedown in judo and jiu-jitsu whenever your head is in front of your opponent's body. Here's what a basic tani otoshi is. If I have a grip, let's say mid-back, my opponent has a grip on me. Classically, tani otoshi is a takedown where I have grips on him and I get side-on to my training partner and I reach for his far leg and from him, we put him down to the mat. Done well, it's a highly effective takedown. Done badly, it's a guaranteed trip to the hospital for this guy. Okay? Why? Stand with wide base, side-on, get a grip. If I start with my foot far in front of my training partner and I reach for his far foot and sit down, I will sit directly on the outside of my training partner's knee and I will break his knee inwards. Many a man has ended up in the hospital with either a shattered knee or a shattered ankle out of this move because people do it with no regard for safety. It's a beautiful takedown when it's done well. It's a horror show when it's done badly. Okay? If I start with strong base, if I just naively just reach for his far leg, boom, I sit right here on his knee and as I reach, I break his knee. Okay? I've seen so many people get their lives badly ruined by this move that I banned it in my academy. The only tani otoshi I allow is when your head is behind your opponent's back. Now, tani otoshi will be 100% safe because you're behind your opponent and as a result when we hit the tani otoshi action,

it's completely safe. There's no danger of sitting on your training partner's knee. So my rule with tani otoshi is if you're behind your opponent, in particular if your head is behind your opponent, you're allowed to do tani otoshi, but if your head's in front of his chest, I don't allow it. But there is one exception to this. If I lift my training partner's knee off the mat and I hit tani otoshi, there's no danger because his knee's not cracked on the floor. The only time there's danger is when his knee is cracked on the floor and I sit on it. But if his knee is not on the floor and I block, it's 100% safe. So what I'll often do is combine kuchiki de oshi with tani otoshi. Looks like this. From here, I get my grip. He gets a grip on me. From here, I start pulling. I pick up my training partner's leg. My head goes to the outside, I run, and I come up. Now I just take my foot and I go past his foot, and it's 100% safe because his knee is off the floor. Now my advice to you guys is, during this, do this one with people you trust. Don't do this with someone who is wild and reckless or naive because you could end up in a hospital. Just because people just do the move without taking the foot off the floor. They get forgetful, they get excited when it goes live and no control. Do this one with your more experienced training partners who know what they're doing. People you trust. And done like this, it's very safe and very effective. So once again, we start off. We go in, I get my initial grip. I pull, I hit, and I run. I don't even go to my knees. Now I just reach out for his leg with my leg. It's safe because his knee's not on the mat. Sorry, his foot's not on the mat. If the foot was on the mat and I sat, I could break his knee. But when the knee's not on the mat, there's nothing stopping me now just reaching out and putting him down. And this is a great way to take out your opponent's support leg in a safe and effective fashion by combining a safe version of Tani Itoshi with Kuchiki Daoshi. So once again, we're out here, I grip. He puts hands on me, I pull. I come through, I pick up my training partner's leg, and I put him straight down to the mat. Okay? One more time. We come out to make grips, pull, Kuchiki Daoshi, block, and down to the mat we go. Perfectly safe if it's done well. A disaster if it's done poorly.