

Our job is to get you guys taking people down reliably, people who are your own size and skill level, in a fairly short time frame. We're hoping for three to six months before you have a lot of confidence working. The primary method we're going to be pushing is the use of collar drags to take people in a forward direction and ankle picks to knock them backwards. If we can play those two moves along with a few others that we'll show in this video, you're going to have a lot of success in the standing position in a fairly short period of time. Nonetheless, jiu-jitsu, of course, as we've been saying, is a competitive sport. You've got knowledgeable opponents who know what an ankle pick is. They're going to make it hard for you, so we need to do some troubleshooting for the most common problems that we're going to face when we go in for ankle picks. If there's one thing that will be the bane of your existence when you first start off ankle picking, especially when you develop a reputation as someone who likes an ankle pick, it's going to be stiff arming. Your opponent will often look to get a power hand on you, like so, and if he turns the thumb down, like so, and from here, creates a strong, stiff, resisting arm. Even if I have a power hand on him, when you come down for your pick, he's going to extend that power arm and you're never going to get close to his ankles, and you're going to feel like, dude, I feel like I've got an iron rod in my chest, and I cannot bend his arm. He's just holding me off. He's taller than I am, and he's just holding me like a child, and I'm like the guy in the cartoons trying to get a hold of him, and he's just holding me off any way he feels like. Okay? That can be a very frustrating thing. Please understand that this can happen in both ai-otsu situations and kenki-otsu situations. Okay? So if he's right side forward, we're both right-handed, this would be ai-otsu, as I'm sure you've all figured out by now. Ai-otsu situation, we've both got a right hand on, and I want this foot, he stiff-arms me, steps his foot back, but I can't get to where I want to, on either side, can't get either way. Okay? Common, common problem. It can also occur in the kenki-otsu situation. He's fighting lefty, and from here, he gets a grip on, I try to come in either over or under, his arm feels like an iron rod in my chest, I try to get to his ankle, and you feel like, oh, dude, I'm never going to get there. This guy's longer, taller, bigger reach than me, what am I going to do? Okay? You have to have an effective strategy for this, because otherwise, that will shut down your ankle lock game very quickly, and in a way, which will sow the seeds of frustration on your part. So what should we be doing to deal with the stiff-arm problem? Okay? Ai-otsu, my whole thing is, get his power hand off you. Don't tolerate it. There's no reason why you should tolerate the stiff arm in your chest. Okay? If I come out, and I see someone take a strong power hand grip on me, like so, my first thing is always, get a good grip on my chinny partner's cuff, right here. Okay? Let's come close to the camera. If I get a three-finger grip, bottom three fingers, in like so, okay? And I play this game. If he ever goes to move his hand on my lapel, take your hand and try to go higher to control my head, you're going to have to release it to go higher on my head, you're going to have to release to get a grip higher on my head. Whenever he goes to do that, he starts here, and he goes to move to a higher grip, he's giving me his hand. Once he gets a grip here, and I get this grip, that's the only grip he'll ever have. If he ever goes to move his hand, good, he's given me the grip. Now I own his hand. Okay? So if someone has an annoying stiff-arm grip, okay, that's the first thing I do, I just get a grip on him. If he ever goes to move his hand, that hand belongs to me now. Okay? So whatever grip he has, that's the last grip he'll have, it's never going to change from there. A lot of guys want to go from here to over the back and pull your head down, and now you're in trouble, okay? So whenever someone gets a first grip on me, that's what I do, okay? Now he goes to move the hand, he's given me the hand, now it belongs to me. Once we take a hand, we're pushing it across and we're looking for angle. Why? Because I want a grip here, here, or here. And as I outflank my opponent, he has to follow me. If he doesn't follow me, he's given me a drag into the legs. So he has to follow, then he gives me what I really want all along, his far lapel. Okay? Now I give a good pull and I switch my base, so I'm in a perfect position to come down and put him to the floor. Okay? Now, a natural question for you to ask is, well, what if he doesn't move his hand? What

if he just stays with that hand and plays a negative game? No problem. From here, we snap it off. Don't be naive when you snap it off. Don't turn your body and he throws an arm over your back, now he's got your back. Okay? I never turn my shoulders to him. Strong grip. I keep my chest facing him. My head is back, hips are forward. I never go like this. He reaches, he's got my back. He's got my leg. He's got whatever he wants. Okay? He comes out, makes his grip. My chest faces him. I get my grip and I move this way. Never do I move this way and give him my back. Okay? So my chest faces him. Strong grip. Here. Two hands on and off it comes. When you have a really strong guy, it may take one, two, three shakes to take it off. That's perfectly normal. It's not going to come off first time every time. Okay? Like so. What you're trying to do is take the hand down until it comes off and then you know what to do. You're going to cross your body. We get to our grip. I switch my base and now I can go in on either side and put him down to the floor. Okay? Now, a natural question for you guys to be asking, well what if we're already gripped up in the most common right versus right situation? So we've both got grips on each other. What do we do now? Do I take my hand off? No. If I take my hand off, he pushes my arm by and takes my back. Okay? If you're already gripped up, you've got to break his grip with one hand. You can't go from a situation where you've both got two hands on each other and go here. That's suicide. Okay? So if we're already gripped up, lock him, I take my hand down, I bring my head back and I come down into a jackknifing posture. My legs bend and all I do is just jackknife my hips back and I take the grip off. Okay? I want his hand in the inside position. If he grips my sleeve, I can't ankle pick. Grip. Now when I try to ankle pick, he guides my hand and controls my hand. I can't pick. So what I want, let's come close to the camera, is when I break his grip, I keep his hand inside. So when he tries to grab my wrist, he can't do it. Now I switch my base and I'm in perfect position to put him down. Okay? So let's have a look at that again. We've got two hands on each other now. So however it happened, he came in, got a grip on me, I put a grip on him and we've got two hands on. Look out from this position, we start by coming down, jackknifing and taking the grip off. Now I start pulling, pulling, we're in perfect position now to put him down to the floor. Very simple, very effective way to remove that stiff arm. Now a natural question for you guys to be asking, well what if he's left-handed? What do I do now? Okay, he goes left-hand and he's stiff-arming me. When I try to get to an ankle pick, it feels impossible. How do I deal with this? Okay? As you understand, in the Kenki Yate situation, I have a choice between going over and going under. In general, not always, but in general, under is a little easier for you to work with. Okay? So if I feel a strong stiff arm here, I go through and I grip my own jacket right below his pinky knuckle and I take the grip off. Now I put my hand here, like if he goes to throw a jab, I pass it over my shoulder. Same thing, gripping. I snap his grip off, he goes to put his hand on, I pass it over the shoulder. Every time I see him trying to put the hand on, like so. Now from here, we're in perfect position to drop him. Okay? Take the damn hand off. Don't tolerate a stiff arm in your chest. Okay? So if it's a right versus right, I-Otsu situation, take it off. Pinky Otsu, from here, take it off. What if I'm over the top here? Well, then we put weight on the arm. If his hand comes up and his arm bends, it forms a frame and I can't get through the frame. Strong, legs back. Legs back. I can't get through the frame, I can't get to an ankle kick. So in these circumstances, we take our elbow across, I grip and I put my elbow inside. Sometimes, when he's got a strong frame, I'll have to put his hand under my chin to get what I want. Now, all my weight is on his arm, going to lift me up. He can't. Feels like he's got the weight of the world on him. Now I step away from the leg that I want, he's going to stiff arm me. And it's so easy. Okay? It's never going to be completely easy. It's easier. Okay? So, he comes in, gets a grip. I'm shut out with a grip over the top. I can't get to the preferred inside under. So, his arm is up high, aggressive in here. I can't get anything to work. I take the hand, I put my elbow over the top. Try to hold me up and lift me high. He feels like he's carrying the weight of the world. Okay? I step and pull. Stiff arm me. I'm going to put him down to the mat. Okay? So, these are some common sense gripping strategies to deal with one of the most annoying situations when

you want to be a good ankle picker. That damn stiff arm in your chest. Okay? I could sit here all day and show you different ways to deal with stiff arms. When you first start off, it's really vexing, it's annoying. There's many ways to deal with it. But these are some simple, practical ones that you can start doing tomorrow. Okay? Once again, IL2 situation, right versus right. We come out, he comes on and starts gripping up. Take it off. Even as he's gripping, take it. Take it to the side. Grip. Okay. Now, in this position, start putting people down, okay? He comes out, lift him. From here, best one, come underneath, like so. Strip it. Defend it. Don't let him come back on. Stretch and pull to create the optimal situation of correlated shot hand and shot leg. If you're the guy over the top, put the hand down, put your weight over it. Go to lift me up. It's really, really difficult. Now, from here, I step and pull. As a result, we get that little pick down to the floor. Okay? Some simple, practical ways in both IOTSU and Kenki OTSU situations. Get past that annoying stiff arm and get to your pick.