

Metadata: <https://www.youtube.com/watch?v=42MLIndwKwU>

Okay, this one also, it's type of takedowns. Takedowns is in too many different ways. Like, you're doing a judo throw called uchi mata. This way to throw, it works great. You know, when some other video, possibly I can do a lot of stand-up for Nogi, which is my students, Carlo Parisian, Ronda Rousey, and the different other ones. You see how beautiful they do the techniques, because it's not too much of judo. It's the Heiston system. Basically, we are combined. Things stand up, ground, everything is combined together with Nogi. So, that's why our students are doing very well in USC and stuff like that. But this is the part, this is the part I want to work on with you. So, lots of different things you can do it here. Like, I'm grabbing his neck, or I grab him here. So, either way I can go, all right? Maybe the safest part for him, I can grab this. But I can go from here too. So, watch this. I'm showing like, I'm doing uchi mata to throw like this, but I'm going to jump this leg in behind and go to the knee bar. So, here. One, then two, and I'm going here. You see this? I lock up this one here. So, same thing. I grab this, kick this leg here. Just look like what I did before. Lock him up here and coming up. It's a continue the knee bar. The knee bar, it's a one way. It's a knee bar. There's nothing you can change in the bar. So, what you can change is simply attack the set up. So, again from this side. So, we're fighting here. I grab under the shoulder. It looks like I'm doing the throw here, but I'm attacking this one here. One, I'm attacking this. This is jumping. Make sure you have your arm to balance yourself. Some people don't put the arm on tournament. I don't put arm in a tournament. I do an air and jump, and I just do what I want to do. And if something happens, it happens. But here, I'm trying to be careful because I don't want to hurt anybody. So, here, I'm moving in, I'm balancing myself. Here, one and two, I jump. You see how I cross this leg in here? Now, as soon as I grab this, kick this leg, I open up space, go under, grab, put leg together, push it together here, and arch back. So, that's simple way to do your knee bar.