

here by the lower pectorals, like so. When Giancarlo brings his head up, it's hard for me to have any effect over the head. When I go for an ankle pick, the grip is so low, there's no effective control of my opponent's head. So it's quite easy for him to step off and get away from me. I want my grip, standing up, here, so that my thumb, if we come in close to the camera, is right there on my training partner's collarbone. That's going to give excellent control of my training partner's head. Secondly, I want a very strong set elbow. The way I set my elbow is to take my hand and turn the back of my hand towards my training partner's chest, like so. And this creates a hanging effect, make your body strong and upright, where my body weight hangs off Giancarlo, feels all of my weight. So when I come down to the floor, it creates situations where I bring him down to the mat. If I'm naive, and I just have my hand like so, make a strong body, then I go down to the ankle, but my arm gets extended and you're in a very poor position. So what I want to do is create situations, just facing the camera, where I take a good high grip, nothing crazy, I'm not coming all the way up here, just up by the collarbone. And then from here, I start to shake out my training partner's jacket, so I can turn my hand so that my palm faces myself. That's the best grip, because it creates a heavy elbow, okay? Because we're going to play with each other now, we've got that heavy elbow. When I come down, we go straight down to the floor with him. And his head goes down with my elbow, okay? You probably notice when you do things like pull-ups, that when your arms are far apart, it takes more strength to pull yourself up than when your arms are enclosed and your elbows come enclosed to your hips, like so. We feel very strong when our elbows are close to our body, and we tend to feel significantly weaker when our elbows drift away. So when we close the elbow and close it to the body, we get much better control of our training partner's head, okay? Judicious stance. From here, look out, when I come in like so, there's tremendous pressure down. He goes to stand up, almost impossible. And as a result, it's very easy for us now to put him down to the mat, okay? You can also do the same thing on cross grips. Same thing with a cross grip. We come in and lock up, and I get up to the collarbone. If I'm down here somewhere, not much control of the head, okay? He's in judicious stance, and from this situation, just like before, my elbow comes down, I put significant weight on him so that we can easily pick him down to the mat, okay? Now you might be saying to yourself, okay, that's cool, but I've seen you demonstrate earlier in the video, grips where you were over the shoulder and over the scapula. Can we do that then? The answer is it's more difficult, okay? That's why in general, if you give me a choice, I'm going to prefer lapel and cross lapel. They are by far my favorite grips for ankle picking, okay? Because it is easier to control your opponent's head position. But you can still do pretty good work with the others, okay? If I come out on a training partner and I take a rear delt grip, when he goes to pull away from us here, typically under these situations, we get still some ability to bring the head over the foot. Not quite as good as a lapel, but not bad, and as a result, we score a knock down to the mat, okay? But if you really want to cement your opponent's head down over the foot, I generally recommend lapel and cross lapel as the number one grips, and I use the other grips when I can't get to a lapel. It might be because, for example, my opponent's in a very bent over stance, okay? When he's extremely bent over, sometimes it can be hard to get to a lapel, okay? But he's so bent over under these circumstances that it's pretty easy just to use any grip to get our opponent's head down to the mat and get into our picks, okay? So the more upright my opponent is, that means the more exposed his lapels are to me, okay? And I will use that exposure to create situations where from here, we can go in and get that pick to work. So that's how we freeze our opponent's head over the foot. Make sure you do this, guys, because remember, when you don't put the head over the foot, your opponent has fast feet, and that's exactly when you go for your pick and he just steps off and you're left with nothing, okay? But if we can put weight over the foot with that good elbow position, and he goes to step out now, it's going to be awfully, awfully difficult.