

Okay, now our fourth golden rule of street applications of takedowns called jiu-jitsu. I strongly favor takedowns where your opponent goes down to the ground and you don't follow them. Okay? If I hit, as we saw earlier, a doshi, okay, and I throw from this position and block down, I generally don't like going down to the floor with her. Okay, there are some exceptions to this rule, but most of the time now you're both down on the floor, okay, and crazy things can happen with other people watching, people you didn't even think were involved in the fight and now suddenly jumping you and kicking you in the teeth and it gets ugly pretty quickly. In addition, there's a danger of you getting injured due to the impact of the throw you put him into. I generally favor watching him go down while I stay standing, okay? Now that's very difficult to do on a skilled opponent, but most of the people you're going to be dealing with in self-defense situations are not skilled, they're not trained athletes, and you can realistically put them down without you going down quite easily, okay? The safest way to do this is always with the high leg position out of a single leg, okay? So if I hit a basic single leg and I run my thumbs up and I bring the leg up, from a situation like this, it's very realistic for me to put an opponent's hands to the mat, back up. It's very realistic for me to put an opponent's hands to the mat like so, okay? It's very realistic, the other way. It's very realistic under these circumstances to hit a move where he goes down even with and I don't, just by taking my opponent's foot up and then taking a hold of my opponent's leg to put him down to the floor. He goes down, I don't, okay? I always favor these kinds of takedowns, where you stay standing and he goes down. When you both go down together, it's not wrong, there's times where it's appropriate, but there's also times that can lead to some interesting situations. This is also true for upper body throws. Normally in Jiu-Jitsu, when we throw someone upper body, you throw to pin them. In self-defense, I don't encourage this. My favorite throw that puts people down without me going down with them is Tai-Toshi, why? Because I'm on two feet. In Uchi-Mata, I'm on one foot. So if I throw him hard, I'm going to go down with him, okay? Sotogari, same thing. Tai-Toshi, you're balanced on two feet. So we're here working with a training partner. When I go into Tai-Toshi, I step my foot to the outside, my second foot goes across. It's very realistic to throw him without going down myself, okay? So Tai-Toshi, the classic version of Tai-Toshi, is quite easy from a waist grip, okay? So we lock in, we throw him through. Look how I just step, it's not a hip throw. I'm not bringing my hips across. Tai-Toshi, my leg extends across in front of my training partner, and I throw to my opposite foot in order to put him down, okay? So I just straighten out my leg, and I take him over my outstretched leg. Don't be precariously balanced like so. Instead, put your foot flat on the mat and drive him to the opposite foot like so. So in a self-defense situation, you come in, I draw him across, and then we can realistically put him down without going down ourselves, okay? So the two most practical ways to ensure that he goes down and you don't follow are high single legs, comes back up, comes back up like so, or Tai-Toshi, okay? These are realistic ways for us to ensure that your opponent goes down to the floor and you don't follow, which is our fourth golden rule for students who self-defense take balance.