

We're going to come to a new section of the Feet to Floor Volume 1 video. This is the subject matter of rear takedowns, where we're behind our opponent and looking to take them down. When most people think about takedowns in the sport of jiu-jitsu, they always associate the idea of front takedowns, and it's natural that you think this way, because when the match starts, of course, you're facing your opponent. So when most people think in terms of takedowns, they think of it as a situation where they're in front of their training partner, and they create conditions to set up a good attempt at any time to take him down to the floor and run the man down to the mat. So that's what most people think of in terms of takedowns, front takedowns. But you have to understand that in jiu-jitsu, there's a whole category of takedowns where you're behind people and looking to take them down. Please understand that if we're behind someone and we bring him down to a turtle position, say for example I came in, locked my training partner, and brought him down to the floor. This would score in jiu-jitsu, provided I can keep one of my opponent's knees on the mat for three seconds. Understand that in other grappling sports, like judo, that would score nothing. Jiu-jitsu has two categories of scores for takedowns. There are categories where we bring our opponent down towards his back, buttocks, or side. So for example, if we're here with our training partner, and we attack, say, oh, she got it, and we bring our training partner down, that brought him down to his back and side. If I can hold him there for three seconds, I score. But there is a second category of takedowns in jiu-jitsu where my opponent goes down to hands and knees. This might occur, for example, out of a snapdown, where I drag him down. If I can get behind my training partner's elbows and keep one knee on the floor for three seconds, that's going to be a score, in the same way that putting him on his back would score. So there's two categories of takedowns in jiu-jitsu. There are takedowns where you put your opponent down to a supine position, and takedowns where you put him down to a prone position, where his chest faces down towards the floor. The only condition is you have to keep at least one of his knees on the floor for around three seconds. So there's this whole second category of takedowns which score in jiu-jitsu, but would not score in other grappling styles such as judo, for example. We need to know how to take advantage of this. You will generally find that takedowns from the rear are significantly easier than takedowns from the front. When I'm in front of somebody, they can fight me with their hands, they can grip fight, make things hard for me to even get to a grip on them. They can take me out of balance in situations like this and start making things awfully difficult for me. But when you get behind someone, their capacity to grip fight with you is significantly diminished. Now they can only fight with your hands down here. They're very much in a defensive situation. It's much easier for me to off-balance someone from behind than it is when I'm in front of them. So the game gets significantly easier when we get behind people. As a general rule, takedowns from the rear are significantly easier for most athletes to learn than takedowns from the front. So we have to take advantage of this because in jiu-jitsu, they score the same. A rear takedown scores two points and a front takedown scores two points. If one of them is significantly easier than the other, might as well focus on those, right? So a big part of our standing curriculum in jiu-jitsu has to be concerned with these so-called rear takedowns. Now a natural question for us to ask is, okay, that sounds great, but how the hell are you going to get behind someone in a standing position? Because when the match starts, you're facing each other. How are you going to get there? Okay? Well, you probably guessed from watching earlier in the video that as we come out of the group fighting situations, there's going to be many ways for us to get behind an opponent, okay? When an opponent comes in and takes a grip, and we snap that grip off, and we start moving to an angle, you're halfway behind your opponent here. As he curves to square up and face us, there's going to be many opportunities for us to go into moves like arm drags. We can move behind an opponent and start coming up into rear positions. And from here, we can go in and start attacking people and working on them. So that would be one common example. Another example, someone's here, they've got a grip on us. We could use specialized grips, like a cross grip, like so.

A grip where I get a hold of my training partner's sleeve cuff here, facing, and from a situation like so, I just step inside my training partner's legs, bring my training partner's arms by with a wrist throw by. This is a common way for us to work to get to the rear body lock in a standing position in a gi, okay? So look how we grip here on the outside. I take a cross grip on my training partner's sleeve. I step in in one motion. Everything goes straight on by. We throw the out on pass, and we're in a good position now to find ourselves in a rear body lock. And from here, many ways for us to go in on the attack. So that would be another example of how we could get behind our opponent in a standing position. Another very common way in jiu jitsu competition is single legs, okay? We work with single legs, as we saw earlier in the video. There are many times when we work in situations like this, that we'll hit a single leg on an opponent, sweeping around him coming up here, and he's got his hand on my back. I take his hand, sorry, his lapel, I pull on the lapel, when I step up, you're gonna find yourself in rear body lock situations and ready to attack an opponent, okay? Now, the single leg is statistically one of the most common takedowns in the sport of jiu jitsu. So there's gonna be many opportunities as we work with an opponent in single leg type situations where we step out to the side, and then find ourselves coming up, locking, moving around behind our opponent, and getting to that rear body lock, okay? So there's many ways in which we can get to the rear body lock in the sport of jiu jitsu. I'll talk more about this in the next section. Please understand that there are two categories of takedown score in jiu jitsu, unlike judo where there's really only one. In judo, the only ones that score is where the back goes towards the ground, okay? And if I can get my opponent's back down to the floor, that's gonna be a score. Yes, that also scores in jiu jitsu. But takedowns will be behind someone, and from here, I'm gonna put our man down to the floor, scores nothing in judo. But scores two in the sport of jiu jitsu, provided we can keep one knee on the floor for three seconds, okay? So we need, as athletes, to take advantage of this second category of score. What we find, typically, is that scores from the back are quite a bit easier. Not easy, but easier than front takedowns. It's important that we, as athletes, develop this skill. It's a common scoring position in the sport of jiu jitsu, and is a little easier to learn than the normal front takedowns.