

One of the great themes of this video has been the idea that takedowns by themselves are not enough. If I just show you takedowns, it's going to be very hard for you to actually apply them in a competitive situation. The idea of this video, the main theme of it, is that the only way you're going to score takedowns on a tough, resisting opponent is to have precursor skills which actually make the takedowns work. And without the precursor skills, you're going to practice takedowns all day and you're never going to takedown anybody. Once you get the precursor skills down, suddenly the takedowns can work their magic. The standing rear body lock is no exception. You have to learn the skills of grip, which we just looked at, stance, motion, and kizushi, off-balancing your opponent, and also a little bit on position. Now, the good news is these things are much easier when you're behind someone than when you're in front. We had to put whole sections on how to get people out of bounds, how to move them, how to create positional advantage when we're in front of people. When you're behind people, the general task is a lot easier. I'm not going to lie to you guys. If you have a choice between scoring from a rear takedown versus a front takedown, take the rear takedown. It's way, way easier. I'm just going to give you some insights now on creating kizushi when you're behind someone. Again, it's a lot easier than when you're in front, but still, you've got to do it. It may be a lower hurdle, but it's still a hurdle you have to jump over. So when we get behind someone, we've got to be able to take them out of bounds. We've got to be able to hold a good position. Let's talk first about position. If I come too far out to the side, I expose myself to a whizzer. My opponent reaches back, and now I'm no longer behind my opponent. Once he puts a whizzer on in this position, you are officially no longer behind the man. Why? Because Giancarlo's elbow is in between me and his back. If there's no whizzer, and I'm behind his elbow, then I'm technically behind my opponent. But if his elbow reaches back and becomes an impediment between the two of us, you are no longer behind the man. In fact, not only are you no longer behind him, but Giancarlo can throw me pretty severely here with seppuku uchi mata and take me down to the floor. So I can't expose myself to his whizzer like that. I can't come too far out to the side and have him put in a whizzer. So I always want to make sure that I'm positioned behind my opponent, like so. If he reaches back with a whizzer, I always want to move to the opposite side. Every time he reaches with a whizzer, I want to move across to the opposite side. So that's the position that we always want, away from the whizzer, directly behind our man and moving to the opposite side of a reachback whizzer. Now, with regards to the idea of movement, I like, once I get behind someone, to start a motion where I connect my elbow to the hip with long arm, short arm, or a grip on my training partner's lapel, and I use my elbow and the hip to start walking motions. It takes my training partner in a circle and forces him to lower his base. If he stays bolt upright, it's very easy to off-balance people in these situations and take them out of balance, okay? So typically what happens is your opponent feels his balance being compromised by the motion and they start lowering their level and widening their base, okay? So when we come in here and we start working on a training partner, look how we can immediately change their base. Now, as they come back up, they're going to be in a situation where medium and rare takedowns can work very, very well.

Kazushi. My big thing is constant circular motion and pulling, okay? I switch between various hand grips. So I'll often go two hands off and take someone out of balance like so. As they go to recover, that's my signal to put a leg in front and bump them to create kazushi, okay? So I put an impediment in front of the knee, and then I just push them over the impediment to break their balance and get a hand on the floor, okay? I will often take a foot and block behind their leg and bump their balance in a backwards direction to get hands and knees on the floor. So my favorite kazushis involve a front block and bump forward, and a block behind the foot and a pull, okay? These are my favorite ways to bump them and get hands and buttocks on the floor. So once again, when I'm in front here, I will put a knee in front and then bump them to break their balance, okay? I'm not clumsily chopping on my training partner's leg and hurting my training partner's knee. I just put an impediment and I just

bump them over the impediment, okay? Then when I want to off-balance them backwards, from here, I just block, okay? When I block, I pull and walk backwards, and it off-balances in my situation where it's very, very easy to get hands, knees, hips to the floor. So this is how we create kazushi, how we hold position, and how we generate motion from behind someone. And you will see this is a lot easier. Off-balancing someone when they're facing you, it's not easy, okay? From here, we saw many, many ways to do it, but I'm not going to lie to you, it's not an easy thing to do, okay? When you're behind someone, it's so much easier, okay? When we get in here, start off-balancing people, we just feel like, man, it's so much easier to off-balance from the back than it is from the front. Take advantage of this. Remember, guys, rear takedowns score the same as front takedowns, but they're 100% easier to perform in competition. So anytime you get a chance to take someone down from the back, it's money in the bank.