

Okay, guys, now, another reason why I really favor ankle picks a lot for your early development in the standing position is because they really combine extremely well with the most common move in the standing position in all of jiu-jitsu, just guard pulling. Now, I know a lot of you watching this video, when you hear me say this, you're going to be like, oh, come on, man. I bought this video learning how to take people down, not pull guard. I can pull guard already. Well, let's get something straight. First, guard pulling is a big, big part of the standing game in jiu-jitsu, whether you like it or not. Okay? Personally, I think jiu-jitsu would be a more exciting sport if there were more rules regarding guard pulling that pushed it more towards the standing position. That's my personal opinion. But the reality is, there's not. Okay? You've got to deal with reality. And it's very, very obvious that guard pulling is the majority of jiu-jitsu matches begin with a guard pull. So, we have to be able to address this. Now, if I just go to naively pull guard on someone who knows what they're doing, they're going to get the advantage on me. Okay? If I just grab minimally their sleeve and they start dancing around my legs, you can end up in a very poor position right off your guard pull. Okay? One of the great things about ankle picks is when you screw them up and the other guy's got fast feet and you miss the foot, his legs are not really in a strong passing position. You can pull them out of balance and quickly turn any failed ankle pick into a very effective and very easy guard pull. Okay? It'll look something like this. So, we're here in front of our training partner, we come out, and we hit an initial grip on our training partner. I come in, I try, and my opponent steps out and moves away. I can just use that shot hand, which has now failed on the ankle pick, now it becomes a plant hand, and I can physically pull my body directly into the various forms of guard pull that we favor. Okay? So, any failed ankle pick creates excellent conditions for a highly successful guard pull. When you're not just pulling guard, but you're pulling very offensive guards that we'll be looking at later on in this video series. So, for example, Ashigurama. Okay? So, to give you a preview of things we'll be looking at a lot when we get further into the video series, let's say we come out in a hand fighting situation, and I snatch a cross grip on my training partner. I try from here for an ankle pick and it fails. Okay? I plant my hand, take the inside position with my foot, and I pull my training partner right into Ashigurama. He goes to stand up on us, and from here, we knock him down and we score a sweep. Okay? So, this would be a good example of a takedown failure leading to a guard pull, which scores exactly the same number of points as the failed takedown would have scored if it had succeeded. So, I failed with my ankle pick, went straight into an Ashigurama or JBS sweep, and scored two points. Okay? The same amount of points I would have scored if the ankle pick had worked. And in this way, a failed ankle pick can end up getting you the same reward as a successful ankle pick. That's a wonderful thing. Even when you fail, you get success. And that's another reason why I favor ankle picks so much, because a failed ankle pick leads very, very well into successful guard pulls.