

Now, one of the best times for us to hit double legs is in any vociferous grip-fighting situation where your opponent is pulling away from you, okay? If my opponent doesn't react to the grips that I get, you can start moving your opponent like this. It's terrible, okay? It's intimidating to be pulled around the mat by someone who knows what they're doing. So what do you think they all start doing, okay? If I go in and get a grip on a training partner, they all start yanking away, okay? Say, for example, a guy gets a grip on my sleeve, I'm going to pull away from him, okay? I go in here, he taps the hand off, like I said, it's a common thing. Someone feels this, they get intimidated, and they all start breaking grips. Someone gets my sleeve, I pull away, common, okay? People make mistakes when they pull away. They should stay with their chest facing, okay? The chest should always face the opponent. Because I pull away, like so, but what they all start doing is pulling like this and exposing themselves. That's what we're looking for. So we're going to come out with a training partner, and from here, I make a grip. I see him go to yank away, and I follow the hand right on in. And as a result, we're in good position to hit a double leg, okay? So many ways we can hit this. I come in, and I grip. He yanks out and leaves us what we wanted all along, a good entry into the legs, okay? From situations where I come in here, and I see him reaching, I go under, and we go straight into our training partner's legs. When he's concerned with grip breaks, the body is left, undefended. So I come out, he goes to strip, and we go straight in. He goes to strip, and we go straight in. We can use this any time you feel pullbacks, okay? I pull, he pulls back, enter, and put him down. This is a very simple and very effective way to set up your double leg in a gi.