

Now, our goal is to get you guys developing a strong ankle pick that you can confidently use against someone your own size and skill level in three to six months. One of the skills that you're going to have to develop is the skill of making your opponent take a step. Okay? If we come out towards each other in a typical kind of jujitsu stance, and from situations like this, we go forward on a training partner and start pulling, if his legs are a long way back, the feet are a long way back, it can feel like a difficult thing to get all the way through and get to an opponent's legs. He steps back and you feel like, man, it's a long way to reach now. I don't want to get overextended here. Okay? One safeguard against this is the ability to make an opponent take a step. Okay? If you can make your opponent take a step forward and create an exposed ankle, ankle picking is going to be a lot easier for you. Okay? This is something we should always be able to do. So, we come out towards a training partner and his feet are back and his hands are thrust out and it feels like his feet are a light year away. It's going to be hard for us to get an ankle pick. Okay? Under these circumstances, it might be relatively simple for us to get a hand on our training partner, and from here I'm going to dance away from the leg that I want and make him take a step. Now, it's going to be relatively simple for us to come down and get to our pick and put our man down on the floor. Okay? So, if we can make a man take a step, that's money in the bank. It makes our job a lot easier. If we come out towards an opponent, this time I want the other foot. I come out towards the man and from here I latch on just like so. Look how I dance away from the leg that I want. And as a result, it's an easy thing for us to pick and put him down to the mat. Okay? If you can make a man take a step, everything is easier. The good news is the pattern is very, very simple. Once I establish a hand, a power hand on my training partner, if I step away from the leg, it brings the leg in. He steps back, I step away from the leg, and it brings the leg in. And it's this which is going to make it easy for us to pick that ankle and put the man down to the floor. If you develop the capacity to make your opponent take a step towards you, ankle picking becomes a lot easier. Remember, every ankle pick is ultimately the same story. That story is taking your opponent's head, leg back, and putting his head over an exposed leg. Then, as the head comes down and we pick, you get a successful knockdown. Okay? Every ankle pick is ultimately that story. Making your opponent take a step first before you go into the shot is a big part of making that story work. Okay? So, from a situation where we start off, standing situation. We come out towards our man, and we fight him, we get a good grip on our training partner, I pull, and I bring the leg in. It's going to make it easy for us to pick and put him down. Make that man take a step, and you'll be ankle picking a lot of people. Your ability to take someone down with an ankle pick in a competitive situation is largely correlated with your ability to freeze his foot to the mat. Okay? If my opponent's feet are light, they're going to be moving quickly. And as a result, you're going to miss a lot of ankle picks. So, for example, if this foot here is light, and I come in and I make a shot, he goes back and I miss it. Okay? There's no weight over that foot. But if I take my training partner's head and I bring the head over the foot, when he goes to step off, he feels very, very awkward. When the head is directly over the foot, you cut mobility. When the head goes over the other foot, the foot becomes very, very light and moves very, very easily. Moves easily. Okay? Now, if I bring the head over the foot, when he goes to move it now, it's like it's frozen to the mat. Now, he moves the head to the other foot, and now it moves very, very easily away from him. Okay? And we miss it. So, our whole thing is to be able to take the head and lock it over our training partner's foot like so. Now, when he goes to move it away from me, it's so easy to go forward and make the pick. Now, a natural question for you guys to be asking is, okay, that's cool. How do I put weight over the head, onto the head, and make for an easy pick? Well, let's come close to the camera, Giancarlo, and show exactly how this happens. Okay. There are different grips you can use for ankle picks, and all of them are pretty effective. But the best grips of all involve your training partner's lapel. As we've said in numerous other videos, the lapel is essentially a rope around your training partner's head. So the higher your hand is on the lapel, the more you are

directly controlling your opponent's head. If I have my palm facing my opponent's body, it's good for pushing, but not very good for pulling. And in an ankle pick, you want to be able to pull. So once we get our grip, we want the grip to be up here by the collarbone. If I'm down...