

Metadata: <https://www.youtube.com/watch?v=PJFI4BqOCAA>

Guys, right now we go for one of my favorite takedowns, okay? I really like that takedown because we are in one, like, supposed to be one bad position for to do that takedown, you know? And I really like this when the guy have the underhook, okay? And you, okay? And right now I use the KenKen Uchimara for put my pochine down, okay? Look how it's gonna be. It's normally my pochine have, like, the underhook or in my back, or in my belt, or in the middle of my back, right here. You just grab in the middle of my back, right here, you know? Can be, like, in all these positions, working really well. What's the Uchi do? I can do that in two ways. First way, just put my front hand over his chest, okay? Second way, I grab the collar over here. João, what do you like more, both? Depends on what's the situation, but normally I do both, you know? Uh, that's, like, it's a feel, uh, try the position, feel, uh, uh, what do you like more? They're both working in the same way. Right here, or right here, all right? Right now, we have, like, with the posture, we're fighting, all right? We have the posture right here. Look what I want you guys to do. I want you to do the Uchimara, right? If you never do the Uchimara, my leg will be between his legs over there, okay? I have to use push. My legs, they are on the back, okay? I want you to do that. I want you to do that. One, two. And I put my hands on the mat, and right now, I use the one jump for putting him down, okay? That jump, we call Ken Ken, okay? My jump, uh, always will be, uh, on the direction of the foot that he have on the mat, okay, guys? Always. It's not like, you don't jump like whatever. Have to be in the same direction, the same line of the foot that my opponent have on the mat, the only base that he have on the mat, okay? Let's come back. We are here, he got the underhook, okay? Normally, uh, a lot of, uh, wrestling guys like to do the double under right here, or just one when I take the back, right? Right now, I grab the collar, right? I want you to do the Uchimara, right? I have to put my feet between his legs right here, and then another one will touch my first one. I want you to do that. But, we'll be quick, all right? One, two. When I start to do the Uchimara, I put my hands on the mat, right? And right now, I just start to jump from him. Boom. In the same direction of his foot arm, all right? Right here, guys, we kind of like a little bit over. What's that I like to do? Come, I want to sit on my ankle and close the space right here, okay? Because 99% of the chance that you'll be in the half guard, okay? You'll be in the half guard right here. But you have a really good position right here, okay? Right now, you just have to work to pass. And remember, when you do the one takedown, your opponent kind of like needs a few seconds to understand what's really going on, you know, when you do the takedown. That's why you have this time to put all the way down. Recover the underhook, or grab around his neck, give the pressure, and work until pass, all right? One more time. Boom. He got the underhook right here, boom. Instantaneously, my hands will be over his chest right here. Front hands on his chest over there, okay? I can just put my hand like that, or I can grab, okay? Right now, I want to do the ultimata. My foot is already between his foot over there, okay? I just have to connect to my back foot right here, to my first one. And right now, I want to do the ultimata. Can-can, boom. I finish right here on the top, come back, and got the stabilized half guard right here. Okay, that's one technique that I use a lot, okay guys? I use Gi, no Gi. No Gi, you can do that technique really well too, okay? If you like to train in no Gi, you can use that technique a lot. Very safe technique, okay guys? If something happen, massive that will happen, you finish in the stand-up position again, you know? It's a very safe position. You just have to practice the technique, you know, to be better, of course. And also, don't forget, when you use the can-can, when you start to jumping, the little jumpers, when you have the ultimata over there, you have to always imagine one straight line to the feet that he have the base on the mat, okay guys? You don't jump like whatever. You have to jump to the same direction of the feet that your opponent have on the mat for one base, okay guys? you