

The first takedown we're going to look at is the double leg takedown on Maruti Gari, which is very, very applicable in the sport of Jiu-Jitsu. This generates no back exposure if we keep our good posture. If we lose our posture, there will be back exposure. There is some neck exposure, but with the gi on, it's less than it would be in a no-gi context. There is some belt exposure. So we, again, have to be cognizant of our opponent's hand position and our body position. But if we play our game right, this can be a very, very effective part of your curriculum when you first start off in standing position. The first way we're going to apply this is right versus right, open position. So neither one of us has a grip on the other. As we start off, we start off at distance, we prepare our gi. The first thing I look at is I study my opponent, and I see he's right-handed and I'm right-handed. So this is an IR2 situation. From here, we know our game. We want to start neutralizing our opponent's lead hand. So we're going to come out and start playing with the lead hand. Now I'm going to fake a grip. So what do you think your opponent's going to do? He's going to go to block it. So we're playing a game where we come out and we touch his hand, and we start faking for grips upstairs. Like I'm going to go over the top and grip. Like I'm going to go to a lapel and grip. So, of course, what does he start doing? He starts putting hands up to defend his lapels. So we come out towards our training partner. I'm reading, reading, reading, and I see he's right-handed. And from here, I block his power hand, and I start trying to assert my hand. Like so. Then I see my opportunity. I level change, and right from here, I go through, connect right to my training partner's body. From here, my favorite place to grip is right behind the knees. Like so. Okay? When he goes to sprawl in this position, my body's upright sprawling. So my body's upright, I carry the weight. Then I just start a quick turn where I pivot my foot out like so. Turn, and we rotate his hips down to the floor, and we end up on top of our training partner's legs. My head goes to face him. Now, if he stays on his hips, side, or back for three seconds, I score. So what do you think he's going to be looking to do? He's going to be looking to get back up. So it's important for us that we stay on top of the legs. Okay? So from here, as he goes to turn, we'll be in a position to take advantage of back exposure. He goes up. Now, we'll be in a position where we can either score with the takedown or score with the back position. We're happy either way. In fact, you're probably happy with back position. Double your score. So once again, our first marote gari, or double leg attack, involves a fake setup for grip fighting. I nullify his power hand, and I fake with my power hand. As he goes to block, I come down. Everything comes down to the level of his belt, and we go straight on in and capture. Okay? As he goes to sprawl, my body's upright. If my body was down and he sprawls, my body loses position. Now there's back exposure. He goes behind, and I'm in trouble. Okay? He may not score on that in jiu jitsu, but he's definitely got a good position. Okay? So we want our body relatively upright to limit neck exposure and back exposure. We come out towards our man, nullify the power hand, and from here, faking the grip fight. Just like so. Then from open position, we go straight on in and score. He goes to sprawl, my body's upright. We turn the corner and put his hips down to the floor, and end up in good position. Okay? This is a very simple way to use marote gari from the open position to get your first score.