

Now, we've seen that the double leg is best done on someone who's squared up. Very easy to hit a double leg on someone who's squared, quite difficult to hit it on someone who's staggered. Okay? He stands right stance. I know that it's naive for me to reach with my power hand and now he goes to throw me and I'm done. Okay? So I want to use the reverse hand to get my grips. Normally, reverse hand goes to the right shoulder, but we're going to go to the left and take a cross grip here. The cross grip lets me square him up and as a result, we're in perfect position to go on through and attack our training partner. So once again, right versus right. From here, I play the hand fight game. Now I go in, I take reverse power hand cross grip. As a result, I can square him up. As he goes to yank away from the grip, I go straight on him and lock. As a result, we end up with a perfect double leg takedown. Once again, right versus right situation. From standing position, I go cross grip, I pull, he pulls back and gives us the perfect entry into the legs. Very simple, very effective way to square someone up and get to a double leg.