

If we want to maximize our effectiveness with ankle picks, it's absolutely critical that you learn to combine inside picks and outside picks. So for example, right versus right situation, he comes out and makes grips. I go through, I make my grips. From here, I circle, pull. As I dance and switch my stance, let's come here so you can see the camera. As I switch my stance and come down, very often your opponent will step back so you lose the foot. Don't give up. Just bring your second knee forward and make a switch from outside pick to inside pick. This is a beautiful and highly effective combination. So from situations where he comes out and grips, I grip up, I snap his grip off. I set up my body, switching stance. As I come down, he steps back. I go across the other side and fire. You'll notice I switch knees to be able to hit this move. Initially, I come down left knee. He steps back, I go across right knee. So I have a new drive leg to put him down. Once again, right versus right situation. I go in, secure my grip. I bring second hand on. We now have a neutral grip. I've got sleeve lapel, he's got sleeve lapel. We want dominance, not neutrality. I snap it away. I move and dance. He steps his leg back and leaves me the second leg to pick. You can often make use of this. Left versus right. I snap the grips. He steps back, leaves me the leg I really wanted, and there's my takedown. A beautiful and easy combination.