

Metadata: <https://www.youtube.com/watch?v=cr84OqUxVWQ>

If you look at Jiu Jitsu as it's ordinarily practiced, it's a single direction game. If someone is in front of me and I'm standing over them, Jiu Jitsu is all about movement from the legs towards the head. I'm supposed to pass their guard, work my way up to chest to chest contact, and get my head next to their head, either in front of them or behind them, either mounted or rear mounted. So Jiu Jitsu always goes in one direction. If you ever get stopped or you lose position, you just start the process over again. It's a mono-directional sport. It always goes from the legs to the head. Once you start adding leg locks into the game, Jiu Jitsu becomes a two-directional sport where you can go from the head down to the legs. You can go in both directions. So if I'm passing someone's guard and I simply can't do it, I can fall back and go back into the legs. If I'm losing my control on someone and they start to recompose their guard, I can fall back into the legs. I'm going from their upper body down to their lower body. Traditional Jiu Jitsu always goes from the lower body, directionally, up to the upper body. So you end up head to head with your opponent. But once you start adding leg locks, Jiu Jitsu for the first time becomes a two-directional sport instead of a one-directional sport. And you can play your opponent's reactions between the threat of lower body and upper body in ways that opens up submissions so much more easily than the traditional game.