Metadata: https://www.youtube.com/watch?v=MMNPGGnkOcU
Jiu-jitsu has a problem and that problem starts with a W and ends with a wrestling. Damn pillow fight out here. Now when we're thinking about how to solve this problem, I think we have two ways of going about it. We can start at the end and work on finishing our takedowns and then reverse engineer towards the setups. Or we start with our setups which will make everything easier down the line. So you focus more in the setups than actually in the finishing. For sure, for sure you have to. The setups will actually help you your finish. Now this makes total sense, right? If you have a good setup, it's going to lead to you wrestling from positions like this. Where you have a huge advantage and you'll often be able to finish the takedown. But on the flip side of this, you often hear Danaher talking about the importance of focusing on the endgame. In chess, we always talk about endgame. I do the same thing in jiu-jitsu. Now in this interview, Danaher was talking about submissions. And the endgame is referring to finishing mechanics. But the question is, does this same methodology apply to takedowns? So it seems to me like we have a choice to make. Setups or endgame? I chose endgame. And in this video, I'm going to explain why. It took me 185 matches in the 66kg division of ADCC to find one omoplata finish. And out of 225 matches from the 77kg division, I didn't see a single omoplata. But I did find a baseball choke. But the most common submission from the 77kg division was heel hooks. Now if you're passing guard, you have the option to sit back and attack a heel hook. And if you're playing guard, you also have the option of attacking the legs. And I think it would be interesting to know what percentage of these leg locks came from top position or bottom position. If you look at my students in competition, you will notice that around 80% of their entries into leg locks come from bottom position or with their opponent behind them. In other words, from what are supposedly inferior positions. Well, let's see how accurate that 80% number is. If you tally up all the heel hooks, straight ankle locks, knee bars, and toe holds from the 77kg division, you can see that the majority of leg lock attacks came from the bottom position. And if we put this as a percentage, it's almost 76% of leg attacks are initiated from bottom position. But we have this small percentage marked as counter, which basically meant that I wasn't really sure what to do with it. For example, if Mika is really deep on a leg lock entry, technically Cade is on top when he counters with a heel hook. But I think a lot of people would say that Cade is on defense right now. He's in an inferior position. So if we look at the data in terms of inferior versus superior positions, you can see that now exactly 80% of these leg locks were initiated from inferior positions. Now the reason I started talking about leg locks in a wrestling video is to prove to you that Danaher doesn't just pull these numbers out of thin air. The dude does his homework. And you better believe that not only does he do homework for jiu-jitsu, he does it for wrestling as well. And he shares with us the most common takedown in collegiate wrestling. It's interesting, what John talked about is that the highest percentage thing is actually on the defensive side. So blocking a takedown and spinning around to the back. Now, if you get sprawled on in jiu-jitsu, it often means that there's a guillotine right around the corner, which was the third most common submission in the 77 kilogram division. And right now is where I'd like to hit pause and take a step back while I paint the whole picture. We want to wrestle because it gives us the ability to take top position. And in the 77 kilogram division, 84% of back takes happen from the top position. So if we're wrestling, we're looking for ways to take the back directly off a takedown or solidify top position and work your way to the back and lock in the second most common submission, which was the rear naked choke. However, the most common submission was a heel hook. And the majority of the time, heel hooks are initiated by the bottom player. So if you're spending your training time developing some sick wrestling setups and they actually work in competition and you're able to take top position, but you don't know how to defend a leg lock, in my opinion, you're kind of wasting your time and your wrestling is only going to get you so far. And that's assuming that your setups and takedowns actually work. And that is a really big assumption considering that collegiate wrestlers get sprawled on a lot. So in my opinion,

this data proves that if you're someone who's spending a lot of time practicing their setups and chain wrestling, you're probably going to get guillotined. And if you manage to sneak out of that guillotine, you're probably going to get heel hooked. So when you take into consideration the number of heel hooks and guillotines there were in the 77 kilogram division, it starts to make sense why the person who initiated the takedown lost more than they won. And on top of that, in almost 70% of the matches, someone pulled guard. So there's not even a traditional wrestling exchange from the feet that takes place. So be prepared for people to still call you a pussy for not learning how to take people down. But if you want to win matches, in my opinion, your time is going to be better spent focused on things like turtle, dogfight, and the front headlock position. I think the perfect example of this is Cade, who won the 77 kilogram division of ADCC with arguably the worst wrestling setups in the whole division. And even when he was able to get a hold of a single leg, he takes this figure four grip. Now, granted, I haven't watched a lot of wrestling, but I have never seen this before from a legitimate wrestler. And he's taking on PJ Barch, who's basically like, dude, get off me. Let me show you how to wrestle. And he shoots in on a deep single leg and tries to shelf the leg. And when that fails, he limp arms out of the whizzer and works his way to a rear body lock, which is a beautiful example of chain wrestling. And when you compare these two side by side, I think it's pretty obvious who the better wrestler is. But who wins the match? Cade. And the question is why. And in my opinion, it came down to this dogfight like position here. And Cade was able to win from here. Where when PJ Barch found himself in this dogfight position, he had an opportunity to capitalize, but they ended up resetting back to neutral. And a very similar thing happens in his finals match with Mika. Where Mika is the one who initiates a takedown, but they end up in the dogfight position. And Cade is the one who wins that battle and ends up on top. And this happened three different times during the match. Where Mika was clearly trying to go from bottom position to top position, but was not able to because he kept losing the dogfight battle. So this whizzer versus underhook situation is a very common battle in Jiu Jitsu. And it's a battle that often determines where the match is going to take place. So it makes sense that Gordon Ryan, Giancarlo, and the New Wave crew spend a lot of time developing their skills from this position. Another whizzer versus underhook on this one. Another whizzer versus underhook on the knees. And this is when I knew that Hulk was going to be in some trouble. Because Giancarlo is a good scrimmager from here. So I knew that worst case scenario for Giancarlo, they'd end up back up on their feet. Best case scenario for Giancarlo, he'd end up on top. Now in my opinion, another position that the best schools in the world practice from a lot is Turtle. If you watch the B-Team YouTube channel, you'll often see them doing positional rounds from Turtle. And when Lachlan Giles visited, it sounds like they did a lot of that. I mean, you tied it up, but we just did specific training. And I was listening to some old Craig Jones interviews from the archives. And it sounds like this idea may have come from the Blue Basement. Start in Turtle. And if you take the guy's back, you take side control, you take mount, keep going until submission. If he rolls, stands back up, gets back to guard, then we'd swap. Now Turtle is a very common position in wrestling, and I think jiu-jitsu players can learn a lot from wrestlers. For example, I have never seen anyone in jiu-jitsu put their head in the armpit. And then from the head in the armpit, work to control the wrist. And from there, thread your own arm through, acting like a crowbar to help turn your opponent over. Now, to be honest, I'm not really sure yet how to apply this to a jiu-jitsu context. But I do know that the top schools in the world spend a ton of time training from Turtle, both offensively and defensively. But here's the defensive training that we work on is coming through. He's defensively sound, shuts out the hook, prevents the score. Now the third position of the front headlock is arguably the most common position in jiu-jitsu. And in fact, Danaher goes as far to say that if you get into a serious grappling match with a good opponent for more than two minutes, I guarantee at some point there will be an opportunity for a front headlock. Which is hard to believe, but also very hard to deny when you see it happening from almost every position. If

you're standing, passing guard, or trying to go from bottom to top position, there is a very good chance that you're going to go through the front headlock position. Now, admittedly, I don't know much about the front headlock position, and I'm currently focused a lot on developing my skills from open guard and making an instructional for you all with my findings. But one thing that Danaher talks about in his open guard instructionals is how to create dilemmas. And one of those ways is the idea of extension vs contraction. Now an example of this idea from guard could look like the bottom player trying to sweep the top player. And if the top player stays contracted, they're going to fall over. So to prevent themselves from falling, they're going to go from contracted limbs to extended limbs to widen their base. Which gives us the opportunity to enter into their legs. So now let's say the bottom player is able to somewhat sweep the top player over, but when they're trying to wrestle up to top position, they end up in the front headlock. And from there, they play that same dilemma of extension vs contraction. If the bottom player is extending this arm, which is a great way to prevent the back take. Because if you stay contracted, they can just walk around to your back. And by the bottom person extending their arms, they're giving themselves a better chance of reversing the position and ending up on top. However, that extension comes at the price of your neck. So when we look at this huge jump in guillotines that happened between the 66 and 77 kilogram division, I think the easy answer is to say that people need to stop shooting in on weak single legs and double legs. And start to use more judo techniques like throws and foot sweeps. But the numbers show us that although there are guillotines that happen directly off of takedowns, the majority of guillotines happen out of the front headlock. And that front headlock can come as the result of a sprawl. But that's just one of many ways to get to the front headlock position. So when I'm trying to interpret this data, I think the biggest reason behind this jump in guillotines is as we move up in weight, people are going to be less willing to concede bottom position. And if you're less willing to take bottom position, that means you're going to have to extend more. And more extension means more guillotines. And I think this data is also supported by the way guard pullers are winning matches in the 77 kilogram division. If someone pulled guard, the second most common way they won was by an upper body submission compared to the 66 kilogram division where the upper body submission was the least common way the guard puller was winning the match. And again, this is just my interpretation. But what this tells me is that the guard passer is less likely to retreat and is more committed to their guard passing. And if you're committed to your guard passing and staying on top, you're going to extend your body more. And extension leads to submission. Here we see some examples of the top player extending their arms, which leads to arm locks. But when it comes to guillotines, if the top player is pressuring forward, leading with their head, or even passing from their knees, trying to hunker down and maintain top position, it's going to make them more sturdy, but it's also going to make it easier for the bottom player to heist and snap the top player down into the front headlock. And what happens from the front headlock? Guillotines. I thought this was pretty slick right here, where the top player is able to pull the bottom player's arm across the center. And from there, he does an olympic roll like he's going to go in for an anaconda. But instead, he goes belly down to the mat and is able to throw his foot across his opponent's body. So when his opponent builds back up to their knees, they end up in closed guard. In what's technically not a guillotine, it's a katagatami variation, but I marked it as a guillotine. And this next example is not a guillotine at all, but I thought it was super cool, where the bottom player heists up, snaps his opponent down into the front headlock, and initially tries to sit for an arm in guillotine. And as the top player puts his back on the mat to defend, the attacker transitions to an anaconda. And after squeezing for a while, he transitions to mount, and when doing so, he makes sure to hop over his opponent's arm. And he's able to switch from an anaconda to a triangle to finish the match. Now so far, the theme of this video has been that wrestling is worth developing from the dogfight, turtle, and front headlock positions, which are all very common positions in wrestling that jiu-jitsu people can

learn a lot from. But investing a lot of time into developing takedown setups is a big time investment that may not be worth it. Especially considering that in collegiate wrestling, where they have very good setups and chain wrestling, the number one takedown is still a sprawl and a spin to the body. And I think the question we need to ask to end this video is why that is the case. Why are collegiate wrestlers that are competing for the national championship taking horribly bad shots that I would have scolded my nine-year-old for? Well, in my opinion, I think it's because they were tired and they're put in circumstances that force them to take risks. Most of these shots are happening late in the match where the person is down on points. So it's not that they're bad at wrestling, they're just trying to make something happen. And I don't have a statistic on this quite yet, but as far as takedowns go from a jiu-jitsu perspective, you're going to see a lot more successful single leg and double leg takedowns compared to the amount of successful foot sweeps and throws. So when you're in an absolute war, the match is tied, there's less than a minute left, and you have to make something happen. You're probably going to have to use a single leg or a double leg. And based on the situation, your opponent is probably going to expect it, which means you're probably going to end up in the front headlock. Not necessarily because you're a bad wrestler, but mostly because you're tired and the situation backed you into a corner that made you very predictable. So when I'm deciding how I want to spend my training time, first I'm going to finish my study on open guard and make myself dangerous from the bottom. And then I'm going to switch my focus to wrestling, but specifically developing my skills from the dogfight, turtle, and front headlock position. Because the data I've collected and the match footage I've seen have proven to me that the people who win from these positions win matches. And even someone like Diego Pato, who pulls guard in every one of his matches and is a bit of a liability from standing position, is using foot sweeps from the front headlock to get his opponent's hands to the mat. Now as you can imagine, I've collected quite a lot of data from studying these ADCC matches. And when preparing to make these YouTube videos, I also take quite a lot of notes with timestamps from each match, noting when important events happen. But right now I just use the notes app on my phone and it's really not organized at all. So I think it would be beneficial for both myself and you if I was able to make an easy to navigate database that is able to present the data I've collected, but also takes you to the match footage that comprises that data. So if you want to learn how to use an arm drag to set up your takedown, there's no need for you to watch hours of boring hand fighting, because I've already done it for you. You'll just be able to search arm drag to single leg or double leg takedown. And as long as I've noted it correctly, you'll see the match and the timestamp where this sequence occurred. So if this turns out the way I'm expecting, I really think this is going to be an extremely valuable tool for both myself and you. But it's going to take a lot of time. And I intentionally jam packed this video with a lot of information to keep you all busy. And if you're looking for more things to study, consider checking out my instructional course on passing half guard, because I'm going to take the next month or so off of YouTube. But trust me, I'm going to be working.