

Kenki Atsui. Okay guys, now we're going to change our focus from double leg into the single leg. The first thing I want you guys to understand is the difference between applying a single leg takedown without a gi and a single leg takedown with a gi, because the way in which they're employed is quite different. One of the most common mistakes that I observe in gi takedowns is people using wrestling setups where the idea is to work without a gi in a gi context, and it kind of throws things off. You must remember the grips are much more robust when you have a gi on, and standard wrestling setups typically don't do well when someone's gripping your lapels, sleeves, etc. In addition, you're wearing a belt, unlike wrestling, and if your opponent gets a hold of the belt, they can hit you with some very strong counters as you're trying to attempt a single leg. So, we need to modify things accordingly. In a wrestling context, we'll often use no-gi grips to dominate arms like so, okay? And you'll see people try and use this in a gi situation where people are holding the lapels and it kind of turns into a disaster, okay? You can't really get the grips you normally use. If we were going no-gi, this would be fine, okay? And I could pull my training partner around the corner, I could come in and attack the single leg situation, okay? Because in wrestling, I'm not wearing a belt, I don't have to worry about that. As long as my body is upright, he goes to sprawl, I can carry his weight. And then from here, I come typically up off the floor, and we work from this position, okay? Now, that can get very difficult when my opponent has lapel grips, and we're working like so, okay? Sleeve up. Now, he's controlling my sleeve cuff. When I get my inside tie, he closes his elbow, and I can't even be effective with my inside tie. When I try to shoot, he's controlling my sleeve cuff, and he guides my body away, and now I'm in a dreadful situation underneath my training partner. Even if I did get to the leg, my belt's exposed. And when I come up, he can throw me now with uchimata or sumigeshi and cause all kinds of problems, okay? So we need to modify things when it's time to work without the gi. Another problem, by the way, is neck exposure. I come up on a single leg, and he puts in a cross grip, whips my head around, and now I'm in a loop strangle, okay? It's yet another problem associated with the gi and single legs. So what are we going to do with regards to single legs? The major difference is we want some kind of lapel grip, okay? Why is this so important? Well, it creates situations where if I attack my single leg, I can bring his head down with me. If I don't have head control, when I attack my single leg, I have to keep my posture up, like so. But his head stays up in a position where he can access my belt very, very easily, okay? But if I took a lapel grip nice and high up here, and I went into a move where I bring his head down, now when he goes hunting for my belt, it's all wrong. When he goes into any kind of standard defense, it's hard when everything's bent over like this. And it's very easy for me now to come up off the floor and attack, okay? So the general rule is I want to control his head through the lapel when we work the single leg with the gi on. With regards to setups, we're going to use the same grip fighting strategies that we've been looking at throughout this video. When he takes lapel grips, rather than working with basic no-gi grips here or here, we want to make sure we're working like so, okay? Now I get a good grip on my training partner. When I get my man stepping, he goes to defend himself from here. You're controlling two hands versus none. And as a result, it's very easy for us to go around the corner and start coming up into positions where I control him, okay? So the general difference is the setups are the same grip fighting setups that we've been looking at in our grip fighting series in this video, not grip fighting setups that are appropriate for no-gi work. This is a great setup for no-gi. It's hopeless if my opponent's closing me out like so. If he just stiff arms me, I'll never get to a single leg, okay? You've got to be able to take grips off and work in situations like this. Now I can enter into the single leg. Now I can come up and go to work, okay? Conversely, I must do my best to control his head whenever possible. The best method of doing so is a lapel grip, which creates situations where I bring the head down. So I head to the same level. If his head is high, he can access my belt. He can access my neck, do all kinds of things, okay? But if his head is the same height as my head, when I come up, we're going to be in good position to make things very, very uncomfortable for our

opponent in the single leg situation. So that's the primary difference between applying the single leg with a gi and without a gi. Now we're going to look at a whole bunch of ways to use this at a practical context.