

Now, we've been looking at the relevance of hockey fighting for self-defense and, in particular, the use of takedowns in a self-defense application. We've seen that hockey fighting is quite a science. People think these hockey fighters are just two tough guys, get on the mat, grab ahold of each other, and start swinging. There's actually a very subtle and interesting science behind what they do. I have a lot of admiration for those guys. They're tacticians, the same way jiu-jitsu players are. What we've seen is that the clothing plays a very important role in fisticuffs when it's time to get ahold of an opponent in a fight situation. This has relevance to jiu-jitsu because, in a self-defense situation, very often your opponent will be looking to grab you. Even the most uneducated fighters will instinctively just come out and get ahold of people. That's what they all do. They're going to start trying to punch you in the face. If you look at any schoolyard brawl, that's pretty much what you see. There's a high likelihood that potential opponents in a self-defense situation will be looking to grip your clothing. Hockey is a very specific clothing fisticuffs situation where both sides have a symmetry in their clothing. They both wear the same uniform. The uniform is pretty well adapted for gripping. It's a good uniform to grip. There's no guarantee in self-defense situations that there will be symmetry, and there's no guarantee that your opponent's clothing will be well-suited for gripping. He might be wearing a t-shirt that rips the first time you grab it. He might be wearing a flimsy, cheap soup jacket which rips off the minute you get your hands on it. What we're going to look at now is the tricky situation where you are wearing clothing which is well-adapted to a grip, and your opponent is not. So Giancarlo is going to take his uniform off. This creates, potentially, a very tricky situation for takedowns in self-defense, because now my opponent can grip my clothing, and it's a good article of clothing. Let's say, for example, it was a denim jacket or a leather jacket. When he gets a grip on that, he controls distance between us, and now he can start punching with the opposite hand. When I try to hit takedowns, he stiff-arms me. I can't get to my takedown, and the whole time he's punching me hard in the face, and you're like, oh my God, this is not what I wanted. I wanted to get a takedown. This guy's grabbing my clothing. He's pulling my jacket over my head. He's punching me. I'm blind. It's a freaking nightmare, okay? You're going to see a thousand self-defense videos where people do things like this. Oh, he grabs your clothing, take his wrist, and acquire wrist length. Give me a fucking break, okay? If I put two hands on his hand, he's punching me hard in the face, okay? I don't care how mentally strong you are. If you take two or three blows like that in the face, you're going to let go of his wrist, okay? You can never commit to your opponent's grabbing hand without exposing your face, okay? My advice to you in these situations is ask yourself a simple question. Is he punching me, or is he just using this to pull and off balance and intimidate me? Sometimes that happens, too, okay? You have to be able to go through your opponent's arm and establish close contact. The problem is the clothing is making that very difficult, and as you try, he's hitting you, and it's like, oh my God, it's a freaking nightmare, okay? In these situations, don't bother trying to peel hands off, okay? As I said earlier, you're going to be punched hard in the face. What I do recommend is the elbow over method, okay? If it were kenki-otsu like so, I recommend putting a hand inside so that when my opponent goes to hit, you have the inside position. It's hard for him to go to hit, and then without much ado and without much delay, use the elbow over method to go around your opponent's arm and take away the danger of a stiff arm. Make a strong arm. No matter how strong and stiff his arm, if I use elbow over, I'll always go through a stiff arm and find myself right in the single leg situation. From single leg situation, we get the hands down to the floor, and we're in a situation now where you can go in on your grounded opponent. Is this the perfect method? There is a chance you'll be hit once, hard in the face. That could happen, conceivably, but I'd rather be hit hard once in the face than 30 times in the face. So, when he gets a grip in these situations, our whole thing is elbow over. If necessary, I'll cover up for a first blow, then through and long. With my head in this tight position, it's hard for him to go again, to lift up. Then the hands come down to the floor, and we're in a position now where you can go in and get your

revenge, okay? So once again, the elbow over method. When he gets the grip, elbow over will work on the strongest arm, okay? Don't try to peel hands off. He starts punching, it's a disaster, okay? Don't try to go to the outside of the arm. From here, he starts punching, it's a disaster, okay? Take everything, his fist, with elbow over, goes to the armpit. If you're worried about being hit, use the right arm to cover. He goes in to hit, head down, it goes into your elbow, okay? Try to avoid trying to catch a fist, he'll go around then and hit, okay? So my whole thing is, cover up. On the retraction, elbow over, leg comes up high. When he goes to hit you from a situation like this, it's very, very difficult. From here, he goes up, and you're in the perfect position to get hands down to the floor and go to work, okay? So let's have a look at the dynamics of the elbow over. He gets a full grip. This is a potentially very scary situation. He has grips on you, you have no grips on him. This is a situation where he can pull my head out of position and start punching and do tremendous damage in a very short time. Best of all is go quickly, don't delay. If you feel there's a chance you're going to take one big hit in the head, just cover up. Boom. Take the first one, through, lock, leg up high, start walking, put him down, now you're in position to go to work, okay? Elbow over was my favorite method of working in situations where there's asymmetry in clothing. Remember, in hockey, we're symmetrical. We both have the same uniform on. When I was bouncing, half the year, it was wintertime. So I'd often have to come downstairs to resolve a fight situation where I was wearing a jacket. And opponents would immediately come out and take a hold of the cloth. So if we're arguing, I'm trying to resolve a dispute, boom. If I just try to go to the leg, step on me, I can't even get to the leg. The whole time I'm getting punched in the face, okay? So my whole thing, whenever we're in here, is elbow over. And from here, get people walking. Make a decision. What do you want to do? Do you want to come in high amplitude? Do you want to just put him on the floor? Do you want to expose his back? Your choice. You're in control now, okay? Elbow over, mechanically, works by taking your opponent's fist into your armpit and taking it out of the way. His fist is strong, as long as it's inside your shoulder. Make a strong body, okay? I can lean 100% of my body weight. Because he has inside shoulder position, he can hold my weight easily. But the second I put it into my armpit, go to step on me, he'll never stop me. So it transfers his fist from inside the shoulder to under the armpit, step on me, and gives me immediate access to my opponent's legs, okay? I saw a thousand different methods of trying to control the hockey fight situation, okay? I had people who used to swear to me, black and blue, this method works, and then I watched them get the shit beat out of them later that night while we were bouncing. They came away disappointed and broken hearted. I would show this method to them, and they'd be like, that's so boring. All you're doing is grabbing his leg. I was the only one who survived the hockey fights, they didn't, okay? So when they lock up, we take the hand from the dreaded inside position, hold tight, where he can easily hold my whole body weight and prevent me getting to a leg. The one where I put everything into the armpit, now from here it's very easy for me to take it up. Yes, you could take a couple of hits in this position, yes, it's possible. But if I do my work correctly, and I focus on an instant kizushi that puts my opponent off balance, the second I hit, as I go in, I create that instant kizushi to put the hands down on the floor, and now we're in a position where we control our opponent and we can go in any way we want, okay? Elbow over was the method I used for over a decade to prevent a hockey fight from turning into a nightmare, and potentially it can. Remember the definition of a dominant position in a hockey fight is where he has a grip on you and he doesn't have a uniform to grip, and as a result he controls the distance. He pulls me in, uppercut, he stiff-arms me out, cross, okay, it's a, excuse my French, it's a fucking nightmare, okay? You try to fiddle around here and you're getting punched hard in the face, and I've seen this a thousand times, guys getting walked backwards, driven to a wall, and just hammered, hammered, hammered, and just trying to pull yourself, just ending up like this, okay? It doesn't take long. Three or four blows like that, and it's goodnight, Charlie. So what I would always do, I would stand kenki-otsu against him, one leg back, so when he goes to push, there's some

resistance. I would cover, so you're taking it on the forearm. I would take my forehead and touch my own forearm, then, without delay, straight through. Instant position, lock up, and from here, make up our mind what we want to do, okay? In situations like this, many options in front of you.