

Everything we've done so far in the Iodicine situation presupposed that there was no real grip upon us when we actually shot for the double leg. So for example, my opponent has a grip on me here. We saw the idea of breaking the grip off so that when he squares up, we can release and we go in on the legs, okay? All the shots we've seen so far involved getting to a grip and then relinquishing the grip so we can shoot. The natural question for you guys to be asking is, well, if we're in the most common situation in Iodicine where we both have grips on each other, can I hit my double leg? The answer is yes, but it's a little more complicated, okay? So if we're right versus right in here, the most common gripping situation in the sport of Iodicine, combat stance, when he makes up, okay, his power arm can cause problems for me. If I just naively shoot and he stiff arms me, I'm never going to get to his legs. As long as he has his hand in my shoulder, I'll never get through and close distance to his legs. And I can be countered here, okay? He can spin behind me and strangle me, all kinds of things, okay? So normally what we do is we take the hand off, okay? Normally from here, what we're looking to do is snap the hand off so we can shoot without that damn power arm. However, if my opponent takes a high grip, like so, or even if he takes a conventional grip down, like so, if I can turn my elbow close to my ribs stance, and then from here I start moving my training partner, I can take everything over my body and pull in a way where I beat the power arm. And as a result, we're in position. What this requires from you as a developing athlete is the ability to drop and pull everything over your head, like so, okay? So in our solo, if you were working a solo drill here, I would start staggered, I would go square, and I would pull everything forward. As his body goes over my head, we go double leg situation, okay? So right versus right, he comes out and makes grips. I go through, I take a high grip up here on my training partner's sleeve. Now as we play, I take my head forward, I might even take his hand over my shoulder so that I can get my second hand on. Now as we play in this position, strong body, we're playing this position, look out from here, I just take everything down, and we go right into our training partner's legs. I want him to be bent over so that I get into a good lifting position on his hips. So right versus right, I lock up. We're playing here in standing position, I take the hand over, lock up, I start moving him in and square him up. From the square position, we pull right in, and we're in perfect position now to put that man down to the floor, either backwards, sorry, either forwards or coming in like so and taking him in a backwards direction. So one more time, right versus right situation. He comes out, I go body, cloth, from the cloth, right versus right, I pass the hand, I get my second hand on, and then right from here, we go straight into the legs. He goes to sprawl, our body's so upright, we put him down quite easily. This is an effective way for you guys to get your double leg even when he has solid grips on you.