

Metadata: <https://www.youtube.com/watch?v=my3fvg5RDJ0>

hi this is shaedi and today I'm gonna be discussing the concept of inside position now this is not something of John Danaher's invention but nonetheless he is very vocal about it so this video is actually about the importance of concepts because concepts in my opinion outweigh techniques by a large margin the idea of concepts specifically in jiu-jitsu and judo is not something new I talked about this in the upbringing of Mataemon Tanabe how he came up with two concepts he didn't say techniques but he said two concepts the first one being the eel restraint and he talks about how if an eel is squeezed incredibly hard they will slip out so he used this type of risk but if you are very subtle you can restrain it and he used the same approach when it came to top control and also the concept of the snake and the frog how you know you should always envelop always limiting the movements of your opponent in order to eventually you know go for the kill so the concept of inside position can be found anywhere and I mean guard prevention as you are seeing here the idea of inside position is to have your hands or your feet depending on what you are trying to do inside your opponent's hands or feet in order to execute or manage or maintain distance so for example here when it comes to retaining guard you need to have your arms inside because you manage the distance because if you do not manage distance they will grab your head and once they do free their legs it's game over for you and you're stuck basically that's very important for judokas as well because osaekomi is the devil in my opinion so the concept of inside position can be found anywhere leg locks guard passing when you are trying to escape a bad position but if you know anything about judo you would know that nothing is the end-all be-all and anything have its negatives and it's positive and it can be easily countered and I'm gonna show in every single aspect whether it is the standing trying to escape trying to maintain or trying to go for leg locks you can be countered as well so the first one being obviously is guard retention as you are seeing here John Danaher doing a great demonstration of keeping his hand close to his head in order to manage distance and recover guard or simply disengage so like I said concepts outweigh techniques by a large margin and we should go by concepts rather than techniques for example an armbar or a triangle you can find it from dominant positions maybe the inverted triangle is the only exception where you can like really go for triangles in very bad spot obviously it needs a lot of flexibility and dexterity and it cannot work unless you know how to frame which framing by the way is a form of inside position shrimping and then going for a triangle but basically you need to create inside position in order to go for an inverted triangle even though you are in a bad spot so the concept of inside position is really good for managing distance and also managing your position whether it is good or bad but like I said it can be countered very easily especially if you are in the bad position I'm gonna show a few examples in just a second so like I said it is not the invention of John Danaher but he is very most vocal about it and in my opinion it should be discussed because concepts are very important far more than technique so the first example of how nothing is the end-all be-all is here you are trying to frame you are trying to go for either an inverted triangle or like a hip escape or elbow escape or knee escape and you have your hand framing inside your opponent's hand so here for example if they are in a dominant position obviously they will get the submission like the Udegarami or Americana in BJJ so these are very important like I said example because we need to understand that in judo everything is reversible and everything is countered so you need to be very much calculated when you are doing inside position keep everything close to you that's why they say the prayer hand position is very optimal in positions like side control or mount so here you see they are being demonstrated how it can be isolated because you are in a terrible position but if he is in your guard he cannot do that obviously unless he's very tall and very strong but everything can be countered I'm gonna move over to leg locks and show you how inside position works when it comes to leg locks now I'm gonna take the very famous example of Gordon Ryan so here he is against Muhammad Ali he goes for like a Russian tie but notice how he hooks both legs in in order to get into inside position so here he

goes both legs in and try and goes for his inside sankaku or what they call the saddle and here after he gets that inside sankaku or the saddle Muhammad Ali is basically stuck so this is what inside position and followed by the ashi garami battle so to speak so here you see he got it very quickly but how to counter this well it's very easy you see when someone well easier said than done actually when someone is going for a leg lock and they need to have inside position between your legs they're not playing guard essentially they're actually going inside your legs in order for you know in order to break them but think about this for a second if they have your their legs inside you meaning you can you have access to their knees and you can do like a like a I'm not gonna say cartwheel or like a jump but basically get past the legs from over the top in order to get to something like side control or mount basically so like I said anything can be countered now this is obviously easier said than done but you need to be very strategic and very acrobatic in skipping over the legs that are trying to get inside or in the middle of your own legs because you don't have time basically once they get that position they're gonna go for either like a single leg X or ashi 50-50 or outside sankaku or the inside sankaku which is the saddle so but you can easily not not easily like I said but theoretically speaking you can hop over those legs and get to the inside or the mount position like you you see but you need to be very careful not to get swept with the butterfly sweep or the in Japanese it is the hikikomi gaeshi so obviously anything can be countered anything can be escaped anything can be worked for and against so like I said the concept of inside position is very important to understand in leg locks in all traditional judo and jiu-jitsu when it comes to guard passing guard top position so on and so forth and I'm gonna go over the stand up and show you the benefits and also how also like everything else it is not the end-all be-all so let's go over to the stand up so here you see Yarden Jerby from Israel demonstrating the inside position in the stand up kumikata or the grip fighting so it is mostly being done left on right or when someone has like a armpit and lapel grip like Shohei Ono that's also considered inside position so here the idea of inside position is having your lapel that the hand that's grabbing the lapel on the inside while the other one needs to have it on the outside in order first of all to manage distance and also someone who is very strong and tall you can easily prevent them from getting like a high grip down your back or your shoulders and you can prevent them from breaking your posture basically so here you can demonstrate that you can close the gap with your elbow or you can outstretch it in order to keep them at bay for example when they are trying to get inside position you close the gap with your elbow here as she demonstrates Bezalel was going for the inside grip and by closing in the distance she managed to not only keep her at bay but also staying in control now is it the end-all be-all when it comes to kumikata some say when you are left versus right you need to always have it outside but in my opinion that's not the case there's many people that play outside and score upon very easily because being outside also has its advantages so let's take an example of Joshiro Maruyama so Joshiro Maruyama is here against Denis Veiuru in the Masters of 2018 he has outside position notice I'm gonna play it again so here you see Veiuru has the inside position while Maruyama has the outside grip but having the outside grip allowed Maruyama to easily flare his elbow without any resistance when going for the uchimata so this is another example he has like an inside position but it's a bit the Mongolian has like a gambled has a weak grip here he what he didn't have so much control so when it comes to judo the grip fighting the stand-up when you have the inside position you can easily manage the inside position you manage the distance especially against who is strong and someone who is looking to get a dominant grip over the back inside position can be great but when you have a very classical grip like the Japanese in the case of Maruyama it was very easy to flare the elbow up while punching down and going for that uchimata because if Maruyama had the inside position and flaring his elbow if Veiuru was stronger he could have blocked the kuzushi of Maruyama and that uchimata would have been rendered useless but if you have inside position left or right you can go for attacks like seoi nage with the lapel variation or for example here you see in

front of you a Fabio Basile he doesn't have inside position but nonetheless it is perfect for kataguruma so everything has its pros and cons but inside position can be a very useful tool for your all well-rounded game in judo stand up playing guard passing guard trying to escape from osaekomi because cross face and getting your head stuck is very dangerous when you're trying to escape so if you have anything else to add also excuse my voice I'm very ill so if you have anything else to add let me know down below also consider supporting me on patreon I have content that's exclusive for the patrons only and if you are a patron please go check the uploads they're already there you can just click on them and watch them so if you have anything else to add let me know down below this was chadi and thank you for listening