

Now, we're going to move on to another takedown which I personally favor a lot. I actually prefer this to the single leg takedown. I know the single leg takedown is probably the most common and popular takedown in the sport of Jiu-Jitsu. In my opinion, the one we're about to look at, the knee pick or Kuchiki de Oshi, is actually the superior option for a range of reasons that I'll discuss as we go through it. I think it's uniquely well-suited to the Gi game. It's relatively simple, and I think most people tend to score with it better than they do conventional single legs as we've seen them already. The basic idea behind Kuchiki de Oshi is to pick my opponent's knee. In the majority of cases with a Gi, it'll be from the inside. Whenever you go to knee pick, the basic option is between picking from the outside versus picking from the inside. When we work with a jacket, you're going to get tremendous abilities to sink weight onto a given leg. So if my opponent's standing Kenki-Otsu, it's going to be pretty easy for us under these circumstances to start putting weight on a leg. How do you know you put weight on the leg? By his head position. When I operate with the lapel or the over-back grip, it's pretty easy for us to start putting his head over the leg. And then rather than going to a single leg, we just keep our hand on his upper body. And from here, it's going to be pretty easy for us to pick our training partner's knee. And then from here, come through into a strong finish. The first grip that we're going to look at is my personal favorite grip. We're going to come close to the camera. This grip is a rear deltoid grip. You'll notice in the Gi, there's a bunch of cloth at the rear deltoid, which forms a very grippable surface. It gives you tremendous purchase over the rear deltoid. I don't go too high. Now his shoulder is free. He moves his elbow and you can see the shoulder is free. But when I grip right here behind the rear deltoid, there's a flap of cloth that completely controls the shoulder. Make a strong, resistant body moving away from me. Now the shoulder is completely controlled. Then when he tries to peel away, I'm going to have an ability to pull a leg in and then from here, go into variations of Kuchiki Daoshi. You can see his head is right over his leg. And that's going to make it very easy for us to come in and start putting people down. So I'm going to demonstrate it first out of my favorite grip, the rear deltoid grip. One of the reasons why I favor the rear deltoid grip so much for Jiu Jitsu purposes is because so many of our opponents in Jiu Jitsu stand in exaggerated bent over stances. In Judo, a stance like that would quickly get you penalized. But in Jiu Jitsu, it's just fine. So we have an opponent in a radical bent over stance. That will always expose his rear deltoid to me. From the Kenki Yatsu situation, I'm going to shoot my hand over his back and fix up my grip. Even if he puts a hand on me now, it means nothing. I'm going to dance and put weight over my training partner's leg so I can come in and pick my training partner's knee. You can see the grip strategy. I come in and grip. My fingers lock into the fabric of the cloth and we control our training partner's shoulder. Most of the time, your opponent is going to want to get a grip on you. If he doesn't get a grip on you, there's no reason why I can't snap my opponent's hands down towards the floor and expose his back. So what most of your opponents are going to do is get a grip so that I can't bring his head down to the floor. Now I go in and I pick my training partner's knee. My knee comes down, second leg comes up as a drive leg, and down he goes to the floor with Kuchiki Daoshi. So realistically, Kenki Otsu situation. I come out, I read my training partner's stance. I see he's in an exaggerated bent over stance. I go in, get my first grip. He latches onto me. If he doesn't latch onto me, no reason why I can't take him forward in this direction. He latches on, look how I pull, and I bring his leg to me. Now I'm in perfect position to go straight on through. The pick is going to be at the knee rather than the ankle, I just demonstrated an ankle pick there. But most of the time for Kuchiki Daoshi, I pick at my training partner's knee, right here. He goes to scrawl the leg back, go, very, very short, and it adds to the amplitude of the throw. It's not really a throw, it's a takedown. So once again, right versus right. I go in, I scrawl my grip. I start circling and pulling. I go in on my training partner, I pick at the knee, look how I pull, my head goes under his armpits. I don't bring my head in the middle, my head goes here on the outside. Now I pull, I use my drive leg, and we score a nice takedown, usually ending up in pretty

good position after the throw. It's much faster than a normal single leg. My experience of teaching is people pick this up faster than they do single legs. One of the reasons why I'm not a big fan of single legs with a gi, is because there's a lot of time spent in positions like this, and you get a lot of resistance here. Guys throw you a sumi geishi, they go for timoris, all kinds of things, okay? I'm not a big fan of hanging out in this position. But in Kuchiki Daoshi, the minute you make contact, he goes straight down to the mat. So I'm going to start off, I come out, I read my opponent. I see he's fighting left, I'm standing right, so it's a kenkiatsu situation. I bring my head down to match his, I go over the top and grip. I'm taking advantage of his bad stance, okay? If he's stood upright, it's difficult for me to go over the top. He can block. But when he's down in this bent over stance, when he tries to reach, it's hard for him to make a reach. If he's an idiot, it lets me put a hand on with no hands on me, snap down. If he's smart, he'll grip. Now I circle, now I'm in perfect position to go in and lock. I've got a drive leg, I've got a grip at the knee, my head goes underneath his arm, I don't go here, we're underneath his waist. If he goes to sprawl, I'm not underneath him, and as a result, we get a nice turn down to the mat. Let's have a look at how it would be in a competition setting. We start off, I come out, I read my opponent, okay? He's lefty. This is kenkiatsu. Mentally, I'm thinking, what are my kenkiatsu attacks? He's bent over. It's going to be hard for me to get a lapel. He's bent over. So I go here. If he's an idiot, doesn't connect, snap down. If he's smart and he connects, I dance. Now I go straight in and kuchiki doshi for the takedown. Very simple, very effective way of scoring on a bent over opponent.