

Now, we're looking at the Seoi Snap, a very useful method of taking an opponent down to the ground, appropriate for the sport of Jiu Jitsu. It generates less power than a Seoi Nage. Mechanically, it's very different. The idea is to move away from an opponent and snap him downwards, as opposed to a Seoi Nage, where I go towards my opponent and lift him upwards. There's a choice when you work this move. You can go for a single knee drop or a double knee drop. Me personally, I have a crippled leg. I think a lot of you know that by now. I have a hip replacement and a crippled leg. I personally prefer the single knee drop, because I can drop onto my good knee. But you guys are healthy, and so you might make a choice between single knee drop versus double knee drop. They're both really good, and they're both proven in competition. I'm going to demonstrate the difference now. The single knee drop is what I've been using so far. It's my personal preference, but it doesn't have to be your personal preference. Right versus right situation, he comes out to make grips. We intercept. I go in. I'm going to demonstrate it from a cross grip, but you could also do it from a straight grip. We have grip supremacy. I have grips on him. He has no grips on me. We start dancing and moving and creating the wave effect, like so. Now from here, as I go up, single knee drop, I turn. I step away from my opponent, and my right knee drops to the floor, and we get a single knee drop. I personally prefer this method. I'll explain why soon. It's not just the fact that I'm a cripple. There are other reasons too. Now let's compare this with a double knee drop. In double knee drop, I get the same grip. I move my opponent away. I bring the hand up. This time, I drop to two knees, so I slingshot my body through, and right from here, we chop with the man down to the mat. The idea is you want to chop down. Remember in seoi nage, we lift up. In seoi snap, we chop down. So the direction is down rather than lifting up. So mechanically, they're very different takedowns. Now looking at the double drop, we come in, we get our grip, and we pull him onto us. In the double drop, I throw off here, okay? I drop underneath my training partner's body, and I just throw everything through in front. Now I just chop wood, and down he goes, okay? As opposed to a single knee drop, and from here, I just lift, drop, and put him down, okay? Now why do I prefer the single knee drop? Well, it's not just because I'm a cripple. It's also because if he doesn't go down to his back, and this is common with seoi snap because it's not the strongest throw in the world. A lot of times when you hit this move, this is going to happen, maybe even the majority of times. You get the movement, and he drops to two knees. He stands up, and he's gone. When he's on two knees, I can stand up faster if I got one leg up. So when we go to get up together, I get up faster than him. When he goes to get up, I throw a second time, and use a combination to put him down. Seoi snap is not the strongest throw in the world. About half the time, you're going to drop him to his knees. In those situations, don't give up. Just hit a second or third attempt, and you will often put him down on the second or third attempt, especially as he goes to stand up. Time his stand up, and you'll throw a lot of people. He comes in, interception, flanking, flanking, cross-gripping. I move away from my training partner. I single knee drop, he goes to his knees. Because I'm single knee, I stand up more quickly than he does. He goes to stand, and my second attempt puts him down. If I was double knee dropping, and he goes to his knees, we both get up together. Single knee drop, you typically get up faster than him, and so your second or third attempt will generally be a little bit better. That's another reason why I favor it. But double knee drop, it's very good too. They're both good. So double knee drop demonstrated again. He comes down, makes grips, we go through. We find an angle on our training partner. We start moving the man, and then from here, we go straight through. Double knee drop, stay where he stands.