

Now, so far, all the takedowns we've looked at have been what we call front takedowns. Let's understand that in jiu-jitsu, there are two broad categories of takedowns. There are takedowns that occur when my opponent is in front of me. These are the ones that most people think of when they think of a takedown because standing combat in jiu-jitsu typically starts in a situation where the guy's in front of you. Someone turns their back on you in a jiu-jitsu match, they stand here like this. So when people first go to learn takedowns, they learn front takedowns, where the man is in front of me and I have the choice between either taking him backwards, say for example, a double leg, I go in on my training partner and I take the man in a backwards direction from in front, or I take the man in a forwards direction from in front. A good example of that would be a lapel grab. I go in on a training partner and from him, I take him in a forwards direction. I start it in front of him. Now we've looked at front takedowns, now a completely different category of takedowns. In jiu-jitsu, many of the most effective takedowns occur when you're behind your opponent, the so-called rear takedowns, where we start off in situations where you're behind your man, looking from positions like so. Now if we were no-gi, most of the time we work with a body lock, here, and we can have the hand across the body, far side, we can have the hand near side, we can have the hand in the middle. When we work with a gi, one of my favorite ways to operate is to go through and grab the cross lapel grip, like so, and this too can be a fantastic way for us to operate, and you can go on both sides. The advantage of working with a gi, when I hold cross lapel, is it gives you a free hand. When I have a body lock, both my hands are occupied, but when we work here with our training partner's lapel, now you've got a free hand, and you can use this in various ways. One way we can use this is as a pant grip, here, on the outside of our training partner's pants, and as a result, we can go into tai-ni-otoshi. Now the idea of tai-ni-otoshi, just stand feet apart, facing the camera, the basic idea of tai-ni-otoshi, is it creates a situation where I squat close to my training partner, and I reach out with my foot, and I touch his foot with mine as a block, okay, make a strong body. So from here, the idea is I block, like so, and from here, we take the man down. That's the basic idea behind tai-ni-otoshi. Now tai-ni-otoshi is a fascinating throw, it is unquestionably one of the most effective in the jiu-jitsu and judo curriculum, but it's one whose application comes at a price. As a jiu-jitsu coach, I've been doing this for almost three years, I've seen over the years a large number of people badly, badly hurt by poorly applied tai-ni-otoshis, which tend to break either the knee or the ankle, and in some cases, rare, but it can happen, the hip, but it's usually the knee. The idea is that your opponent braces himself to defend himself from the takedown, and people sit on the outside of the knee, just standing up, remember, face that wall, the knee only bends forwards and backwards, forwards and backwards, face the camera, the knee does not bend in this direction, lock your leg out, make your right leg strong, the knee doesn't bend in that direction, it breaks. So if you took a big force and just smashed it into that knee from the side, you would damage the knee if there was sufficient force. When people brace for a takedown, they lock their legs, lock your legs like that, they don't want to be taken out, so they brace, then you get someone who sits on the outside of the knee with their whole body weight, and you get disastrous situations like this, spread your feet, wide base, I have my feet in front of him, I go to touch his rear leg, and I end up sitting on the outside of his knee, and when I sit, just hold your base, don't worry, I'm not going to hurt you, when I go to sit and extend to the far leg, I end up sitting on his knee, strong body, I'm reaching, and I sit. Now, six times out of ten, no one gets hurt, and everyone goes, hey, that's not that bad, that's not that dangerous, what the hell is Dan and her talking about? But the other times, you get guys who get their knee slightly injured, a little bit, and they're like, ooh, I felt something, that wasn't good, and then there's that tenth time where a guy's leg gets absolutely wrecked, and they end up in hospital or surgery and they're out for a year, okay? This happens so many times in my classes that I band Tani Itoshi where the head is in front of the chest, and the injury rate in my classes dramatically dropped. You just didn't see catastrophic injuries anymore in that situation where people were sitting

on people's knees, okay? I will always tell you the most dangerous thing in jiu-jitsu, it's not the submission holds, it's not the strangles, it's uncontrolled falling body weight. That wrecks more people in jiu-jitsu than all the submission holds put together by a factor of ten. I've seen more careers ended in jiu-jitsu by uncontrolled falling body weight than anything else by a landslide. And one example of uncontrolled falling body weight is someone clumsily sitting on the outside of your locked knee and snapping it like a matchstick, okay? The two most dangerous things I see in jiu-jitsu are flying guard pulls where someone jumps in an uncontrolled fashion and just lands right on their buddy's knees and locks them out and breaks them. It's a terrible injury. I've seen that so many times, I lost count. Tani Itoshi, where people come in and they sit, spread your base, and they sit in uncontrolled fashions on their training partner's knee. And as a result, it breaks inwards towards the floor. You hear a scream and the ambulance comes, it's a terrible thing, okay? So what I did is I banned Tani Itoshi with the head in front of the chest, here. I'm not saying you can't do this safely, a good player in this position can perform it safely. It's a pretty good takedown, okay? It's a good one. But if it's done badly, and a lot of people do it badly, you get terrible results, okay? The right way to do this, if you insist on doing it with your head in front, is to always line three feet up in a straight line. Now when I sit, I miss his knee. But if I get clumsy and I do it with my foot in front of his foot, I'm going to sit on my buddy's knee. Even if I do the right thing, and I step, and he moves his foot, like so, then when I try it in the movement, I break his knee. So I can even do it correctly, and if he moves, I break his leg by accident, okay? No one cares if after you've just broken your buddy's knee, you go, hey man, I'm sorry. Sorry doesn't make your knee get better. Sorry doesn't make up for a year of lost training. So I banned Tani Itoshi with the head in front. One Tani Itoshi I do allow, it's Tani Itoshi with the head behind, because now it's almost impossible to hurt your training partner's knee. If my head's behind my opponent here, okay, now there's almost no way that I can sit on my training partner's knee. It's almost impossible, because of my head position, okay? And from situations like this, it's even better when I grab the gi pants and move over to the side, strong body resistance. Now, I'm so far behind my training partner that the Tani Itoshi is almost 100% safe, okay? So, whenever people say, I heard Dan Hur ban Tani Itoshi in his classes. It's partially true. I banned Tani Itoshi with the head in front of the chest. And the benefit of that was that the injury rate from falling body weight dramatically went down. It was a big improvement. But I didn't ban Tani Itoshi altogether. I still allow Tani Itoshi with the head behind the back. And this is 100% safe and highly effective, okay? So we're going to learn that right now. We're going to have a training partner who's here facing the camera. We're going to come through, and we're going to approach like so. Initially, my hands can be locked, but at some point, I'm going to go through and make a feed. So locked hands, two-on-one lapel feed. If he reaches back for the whizzer, my head position makes it difficult. If I'm naive, and he reaches back for the whizzer, that puts my head in front, and I'm no longer allowed Tani Itoshi. My head's in front of the chest, no Tani Itoshi, hold. But if I take my head behind him, now I can hit it safely, okay? I come through, I grab my training partner at the outside of the knee on the gi pants, and I put my foot in line with his feet. I look across to the far foot, and I block, and as a result, we end up in perfect position. Don't fall with your head lower than his head. He gets up, and now you're in bottom position. Always fall with your head over his hips, controlling the gi pants. When he goes to get up, don't slow him down. He goes to get up, and you're going to be in a position to get hooks in, and get to your score. Okay? So once again, facing the camera, we ban Tani Itoshi with the head in front. This is not allowed. Even if you do it right, and he steps back, you can badly hurt your training partner's leg just in the movement phase. But if our head is behind our opponent, like so, okay? Now it's fully permissible for us to go through. This is the grip that I like, here and here. Now, I step, and I connect my head to his hip. So I'm stuck in. Got to move around. It's difficult. He feels my weight. If I'm up here, he can move, turn, and face me. So I connect my shoulder to his rump, and lock up. Got to move around. We've got excellent control of the man. Now

I look across, block, Tani Itoshi to the mat. He goes to get up. We're in perfect position now to throw our hooks in and get into work. From another angle, we're behind our training partner. Body lock, locked in place, hand grip. I sit, strong, heavy body, my right foot goes through to his foot. We keep our head above his hips. He goes to get up, and we're in perfect position to get our score, okay? So this is one of my favorite ways to operate. Let's say he's in turtle position. A classic way of using Tani Itoshi is as a mat return. A mat return is a category of rear takedown where we start on the floor, and he goes to escape. Let's say I've taken him down, and he's thinking to himself, if I keep my knees on the mat for three seconds, he scores. So let's say, for example, standing, I go for a lapel drag. I come in, I come up. If he keeps his knees on the ground for three seconds, I score. So what does he do? He comes up. He stands up, we lock, we modify to Tani Itoshi. Now I switch, I put him down, he goes to get up. We get our score either here or here, okay? Done in this way, Tani Itoshi is 100% safe and extremely effective. It can be a very valuable part of your game. It combines with things like collar drags when opponents try to get up off the floor and get away from you. It might also occur because you just got behind your opponent. I'm staying in position. He gets a grip. We take our training partner's grip off, we go for an angle. He goes to square up, we hit a drag, and end up behind our training partner in standing position. He goes to pull away from me, we get our initial control. He goes to get up, and we get to our score, okay? So it might be because we got behind him in the standing position. It might be because he's trying to stand up off the mat, and we have to return him to the mat. Either way, Tani Itoshi with your head behind his back is 100% safe and highly effective than the method we just saw. Tani Itoshi with the head in front of the chest can be effective, but it can also be a short trip to the hospital and a long time off the mat. I recommend for the purposes of safety, stay with Tani Itoshi with the head behind. 100% safe, highly effective, and a great way to take down.