

Now, we're going through what I believe are the most important takedowns for you to learn in your first years of jiu-jitsu, so that you can be effective throwing someone your own size and your own skill level in around three to six months. You can go out in confidence in the standing position and start putting people down and scoring points in the standing position. I could sit here all day and show you beautiful, complex takedowns that are very high skill and beautiful to look at, but they're going to take you a lot more time to learn. I'm going to show them to you later on in this video series, and I hope you love them. But you've got to start somewhere. You've got to have an effective way of going out against a tough opponent your own size, your own skill level, and just putting them down and scoring. That's what this first video is about. Now, in jiu-jitsu, we can score with a snap down. In the sport of wrestling, if I snapped my opponent down to a turtle position and I ran behind him, that would score nothing, zero. In the sport of jiu-jitsu, if I can hold his knee down on the floor for three seconds, it scores two points, the same way any other throw works. So this is a great opportunity for us to score if we can get behind our opponent. It doesn't score if I just snap him down and I stay in front of him. This scores nothing. But if I get behind his elbows and I keep one of his knees down on the mat for three seconds, I score. If I feel I cannot keep his knees on the floor for three seconds, then it might well be worth my while to pull my opponent down and start getting hooks in. And that scores double what a takedown scores, scores four points. So that's even better. So this is a great scoring opportunity. Getting hooks in in judo wouldn't score you a dime, but in jiu-jitsu it's the maximum score. So if you snap someone down to the mat and you keep the knee down on the floor for three seconds, you score two points. If you get your two hooks in, you double that, score four points. So snap downs are one of the very best ways for us to score in jiu-jitsu. And it's important we be good at them because they're relatively simple and they get you good scores. They're easier in general to score than a normal takedown where you put your opponent on his back. Now these are an important category of moves. And here's a good rule of thumb with regards to snap downs. Please don't confuse snap downs with a gi, with no gi. If we were working no gi, snap downs have a very different order of operations. And typically they're a lot easier because no gi, the grips are a lot less robust. If we're working with a gi on and my opponent has a lapel grip, I don't care how strong you are, you're never going to snap him down. Because he's connected to your lapels. So every time I try to bring Giancarlo down, he's connected to me. And nothing happens. And you just end up looking kind of silly, pulling on your opponent with no result. You're only going to snap your opponent down when you take the power hand off your lapel. And he no longer has a connection to your torso. Now he can grab my sleeve, but that's not going to stop him. If I can bring his head in front of his feet, which is common in jiu-jitsu because many people stand like this. And best of all, I can bring his hand inside so that I have two on him and he only has one feeble hand on me. Under these circumstances, now you can snap people down. The best way is not to walk backwards. It's to circle. So that I circle, circle, and pull down to the mat. That's the best way to do it. Break the connection to your torso, get his head in front of his toes, and circle. You can do those three things. You're going to pull a lot of people down to the mat. So we're going to go I-Otsu situation. Giancarlo comes out, gets a good grip. From here, I go through, snap his grip off, and dance. I put my second hand on. Giancarlo takes the only grip he can get. It's not good enough. From here, I circle, pull him, pull him, and I put him down to the floor. Now I make a choice between which way I'm going to go. Now we've scored if we can keep his knee on the floor for three seconds. If not, I'll take his back and get my score that way, double my score. So once again, right versus right situation. He comes in. We get our grip. I dance. I put my second hand on. He doesn't have a torso grip. If he reaches for my torso, keep it across. My right foot steps in front of his right foot. I step around the corner, and I pull and dance. He goes down to the floor, block, and we're in position to score. This is a very realistic way to score against tough opponents. It's particularly good in jiu-jitsu because most jiu-jitsu players tend to stand in Jigotai with the head in front of the toes. If Giancarlo puts a hand on my

back and walks, I get broken to the mat. It's much harder to snap someone whose head is upright. Now I go to snap, it's hard, but paradoxically, it's now easy to go into the legs. So in jiu-jitsu, we play between the snap of the hands to the mat and the snap of the hands to his legs. As we lock up with our training partner, if his head goes up, and I pull, I go into the legs. If the head goes down, and from here, we go in and score. We play that simple dilemma to get points on the board, standing position.