

HIGH CROTCH TO DOUBLE-LEG

When you shoot in for the high crotch, your penetration will look very similar to that of the basic double-leg. The main difference is that instead of seizing both of your opponent's legs at the same time, you only capture his lead leg as you penetrate in, which allows you to attack half of his body and deal with half of his power. The same basic rules apply to your shot—you want to be within arm's length from your opponent before shooting in, and you want to maintain proper posture as you change levels and penetrate. Once you've gotten that penetration and secured the high crotch position, you have a couple of options. With the option shown here, you cut the corner and transition into the double-leg. You can also pick up your opponent directly from the high crotch position and slam him down, which I'll demonstrate later in the book.



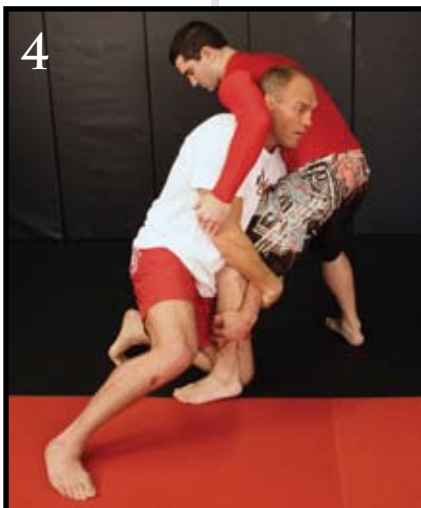
I'm standing in front of Glen in a staggered stance. Reaching my right arm out, I latch on to his left shoulder with my right hand to gauge distance. It is important to note that you always want to be an arm's length away from your opponent before you change levels and penetrate in for the takedown.



I drop my level by bending my knees and sinking my hips.



3 I penetrate in for the high crotch by driving forward off my right foot. As I close the distance, I drop my left knee to the mat between Glen's legs, latch on to the back of his left leg with my left hand, and shoot my right leg forward to the outside of his left foot. It is important to notice that I've kept my head up and my posture aligned. This gives me the balance and stability I need to finish the takedown.



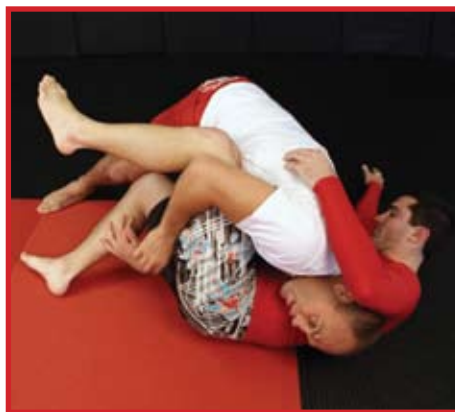
4 Maintaining straight and balanced posture, I wrap my right arm around the outside of Glen's left leg and latch on to my left forearm with my right hand. Using this control, I draw his leg into my chest to eliminate as much space between our bodies as possible.



5 Coming up onto my left foot, I begin to drive off my right leg and cut the corner to my left. It is important to keep your head up and your back straight as you make this transition.



I continue to drive off my right foot and cut the corner to my left side. As I do this, I pull Glen's trapped leg to my right side using my right arm, as well as reach down and cup the back of his right knee with my left hand. It is important not to simply grab your opponent's knee; you want to gain control of his leg by wrapping your wrist around the back of his leg, much like a praying mantis holds a twig.



As Glen collapses to the mat, I pull his legs tight to my body using both arms, drop down to my left knee, post out on my right leg, and drive my weight through my left shoulder and into Glen's midsection. This puts me in the top side-control position, which will allow me to get my offense going.