

Craig Jones DVD – Down Under Leg Attacks

DVD 1:

- intro
- leg lock philosophy
- leg pummeling concepts
- single leg x position
- countering the running escape
- exposing the heel
- countering the foot knock
- outside to saddle

DVD 2

- finishing from the saddle
- finishing from the saddle #2
- running man defense
- countering the foot push
- countering the kick off defense
- reverse x guard to saddle
- reverse x guard when an opponent is on knees
- reverse x guard pushover

DVD 3

- breaking the triangle from 50/50
- breaking the crossed feet from 50/50
- criss-cross 50/50
- Staying safe in single leg x
- staying safe in outside leg position

- taking the back from single leg x and outside leg position
- estima lock from single leg x
- safe options from outside leg position
- staying safe in the saddle
- saddle outside counter
- taking the back from running man escape

DVD 4-

- guillotine to heel hook
- toehold to heel hook
- kimura to heel hook
- heel hook from closed guard
- knee shield attacks
- knee shield attack #2
- 50/50 kneebar to saddle
- heel hook entry from standing
- de la Riva
- flying triangle

John Danaher DVD Techniques List

DVD 1:

4 Mechanical Pillars Of Jiu-jitsu

Lever

Directionality of Force

Kuzushi – Off Balancing Wedges

Review – 4 Mechanical Elements

3 Families Of Ashi Garami

Straight Ashi Garami

Cross Ashi Garami

Reverse Ashi Garami

Grip and Inside Position

2 on 1 Elbow Grip

Gripping For A Purpose

Theory of Gripping

Underhooks

DVD 2:

Inside Position / Inside Control

Gripping Top Position

Negate Opponents Game

Pummeling To Inside Position

3 Desirable Positions

Distance & Connection

1. Gravity Drills – Facing Opponent

2. Gravity Drills Facing Array

3. Gravity Drills – Rolling Inversion

Gravity Drills – Good Posture & Connection

DVD 3:

Straight Ashi Garami

Straight Ashi Garami Entries

Breaking Opponent Down To a hip

-Single Leg Ashi Garami

-Double Leg Ashi Garami

-X Guard To Reverse X Guard

Heel Exposure

Negation Resistance

Negation and Distance

DVD 4:

Breaking Mechanics

Creating Tension

Pros And Cons of Each Grip

Function outside Heel Hooks And Cycling of Our Legs in Breaking Opponents Legs

The Shared Spiral