

Alan Baker's teaching at Feb 2026 Camp

I just sent you 3 clips of Alan Baker's class last week.

Here is also the transcript of his teaching with outline and summary notes.

02-13 Lecture: Living Mechanics, Space Creation, Weapon Retention, and Timing-Based Fight Switching
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Location: [Chattanooga, TN CBIA February Camp 2026]

Instructor: [Alan Baker]

Summary

The lecture series integrates grappling, striking, and weapon protection within a fight-first framework, prioritizing survival, space creation, and decisive exits over sport grappling exchanges. Central themes include the “Living Mechanics” approach (expanded skeletal alignment) versus “dead” alignment, the “earn flat” principle, and timing-based mode switching to get ahead of an opponent by alternating between grappling, striking, and weapon access. Practical content spans multi-directional shrimping and bridging variations, frames as dual-purpose tools, knee-on-body strategies to preserve optics

and weapon safety, backdoor escapes with yoke grips, lower-body disruptions during passes, and continuous striking integration from disadvantaged positions. Breathing and internal pressure are trained separately from expansion to sustain performance under load. Real-world anecdotes (shoot-house incident, SWAT scenario, operational demos) reinforce the need for space, awareness, and weapon retention in harsh environments. The overarching mindset: opponents must earn flattening and deep entanglement; the practitioner maintains expanded posture, creates space, protects the belt line, and exits or unleashes violence when timing favors it.

Knowledge Points

1. Living Mechanics, Defensive Posture, and “Earn Flat”

Living Mechanics vs. dead alignment

Expanded joints (“pong”) provide resilience, movement options, and space under pressure, distinct from merely aligned but closed joints that feel stretched and easy to shut down.

The body remains functionally connected even when seemingly disconnected; opponents must earn flattening.

Basic Defensive Posture (BDP) and elevated BDP

Maintain approximately forty-five-degree angles (sideways and forward); avoid the lazy shoulder by keeping shoulders correctly seated for stronger frames and bridges.

Elevated BDP applies when pressure isn’t holding you; integrate technical get-ups to leave rather than continue grappling.

“Earn flat” principle and multi-attacker awareness

Never voluntarily go flat; protect weapon systems (gun/knife) and retain optics for potential third parties (“ghost in the room”).

2. Space Creation, Timing, and Game Switching

Purpose of space

Space enables ballistic power, strikes, exits, and safe weapon access; sometimes allowing an opponent to frame opens opportunities to insert violence or tools.

Timing advantage

Aim to be ahead of time; if behind, make space or use ballistic surprise to equalize or gain advantage. Switch disciplines to push single-specialty opponents behind time (box grapplers, grapple boxers).

3. Frames and Strikes Integration

Frame ranges and dual-purpose usage

Frames categorized as long-, mid-, and close-range; mid-range is common. Movements can be strikes when ahead of time or frames when on/behind time.

Maintain shoulders in the socket and non-flat back; frames buy time, manage pressure, and keep hands occupied away from weapons.

Weapon system considerations

Keep hands on your weapon when necessary; violent actions toward the head can redirect an opponent's hands away from their belt line.

4. Shrimping Mechanics and Variations

Multi-directional and shoulder shrimps

Train forward, reverse, north-south-east-west, and shoulder shrimps to move upper and lower centers, preventing shutdown under common counters (e.g., underhooks).

Tactical shrimping in BDP

Prefer shrimping from BDP; perform consecutive shrimps (2–3) maintaining foot coverage to preserve mechanics. Use forward shrimp with step-and-thread to connect

frames and integrated attacks (knees, stomps, belt-line clears into strikes).

Dog-walk counters

Against aggressive crawls, forward shrimp to create gaps, then reverse shrimp or insert strikes; expansion prevents joint stretch and improves clearance.

5. Bridging Mechanics for Space and Exits

Upper bow, sideways, edge, and upper body bridges

Upper bow refines flat bridge for stronger levers and ballistic power; sideways bridge enhances leverage and supports knee strikes from grounded positions; edge bridge favored for strike-integrated escapes.

Upper body bridge on a forty-five-degree angle to sit up and frame under mount, keeping hands near weapons while seeking exits.

Alternating leg bridges

Bridge with top and bottom legs to counter leg control attempts, maintaining the ability to generate space.

6. Backdoor Escapes, Yoke Grips, and Posts

Mid-range frame responses

When opponents insert mid-range frames, transition to yoke grip and backdoor escape; establish a long-range pose and reverse shrimp on contact to maximize distance and keep weapons out of reach.

Sweeps and long posts

Being swept can be acceptable if you post long to prevent follow-up, use the gap to insert strikes or access tools, and shift the engagement.

7. Lower-Body Disruption During Passes

Hip-knee connection for bottom knee entry

Move the center to connect hip and knee for effective bottom knee insertions as opponents step over.

Shin-bone and knee attacks

Favor shin-bone and knee strikes (over foot kicks) to disrupt step-overs and passes; if enough space exists to kick with the foot, prioritize getting up.

8. Knee-On-Body Strategy, Posture, and Optics

Avoid deep ground engagement

Prefer knee-on positions (knee ride, shin ride) over side control to preserve optics, maintain belt-line monitoring, and increase distance to weapons.

Posture, posting, and balance recovery

Stay on balls of toes; knee-walk, switch knees, and re-post immediately when off-balanced or when the knee is cleared. Use structured strikes versus bare-knuckle punches on the ground.

Framing to stay upright

Clear ties, frame (e.g., jaw frame), pop up, and visually scan (cones on walls as cues) before continuing. Train clinch and Thai plum to manage engagements on the feet.

9. Ground-Striking Combinations and Mechanics

Knee-stomp sequences and hook smash

Execute top knee, stomp to trigger the bottom knee, follow the opponent; integrate hook smash → knee → hook smash combinations based on common reactions.

Lean and wing knees

Apply lean knees to rib cage/thigh and wing knees from side angles; every positional adjustment doubles as an attack.

Space creation to enhance striking

Scoot hips away to expose striking lines and reduce immediate threats; less surface area on the ground increases mobility and power.

10. Continuous Movement Habits and Limb Control

Non-acceptance of position

Maintain micro-movements (hip/shoulder alternation) and avoid settling; “sharks stay in the water.”

Frame usage under heavy pressure

Expanded frames reduce panic and manage breathing under mount; teach less experienced trainees effective movement even with imperfect mechanics.

Eliminating a hand

Control one of the opponent’s hands to disrupt their game; when both hands move center to free, exploit for reversals.

11. Breath, Internal Pressure, and Longevity

Expansion vs. breath

Separate physical expansion from breathing; maintain internal pressure (Valsalva) independently of breath to converse and perform under load.

Breath work classifications

Train health-, study-, and fighter-oriented breathing (Iron Shirt-style volume expansion) to avoid being breath-starved compared to younger athletes.

12. Tactical Awareness, Multi-Target Management, and Visual Drills

Four-man box and black hand drills

Train awareness of multiple opponents, posture with eyes up, and peripheral pickup of violent cues; respond to sudden gestures without stopping primary activity.

Body English recognition

Condition rapid recognition of major violent cues (e.g., “squirreling” the knee, reaching into pockets) on and off the mat to maintain situational control.

13. Mission Context, Risks, and Real-World Lessons

Weapon retention and positional risk

Grappling with a weapon present dramatically increases holster compromise risk; kneeling or knee-on positions reduce likelihood compared to full ground grappling.

Getting dragged and optics shrink

Opponents may drag you down out of fear; rope/gi drills simulate strong grips. Ground hugging shrinks optics and awareness; pop up to scan and re-engage.

Curriculum evolution and anecdotes

Shoot-house incident exposed sport reflex dangers (going to guard exposed gun); led to fight-oriented changes formalized within CTEC/Living Mechanics. Operational stories (SWAT, Fort AP Hill) emphasize unpredictability and tool access.

Assignments

Practice upper bow, sideways, and edge bridges; compare lazy vs. correct shoulder placement; integrate alternating leg bridges for space creation.

Drill multi-directional and shoulder shrimps from BDP; perform 2–3 consecutive shrimps maintaining foot coverage; integrate forward shrimp step-and-thread into frames and strikes.

Train backdoor escapes with yoke grip from mid-range frames; immediately establish long-range pose and reverse shrimp upon contact to move weapons farther from the opponent.

Develop underside striking flows: knee shots as foot steps over, downward knees, shin bumps, stomp-the-knee, targeting calf/rib cage; practice at low intensity with pads.

Build knee-on-body proficiency: knee ride and shin ride with posture on balls of toes; knee-walk, switch knees, and rapidly re-post when cleared; integrate structured strikes during recovery.

Frame drills with expanded joints: after knee threading, establish frames while keeping a non-flat back; move in multiple directions, protect weapon systems, and buy time under pressure.

Step-over defense drills: connect hip-center motion to bottom knee entry; use shin-bone/knee kicks to disrupt passes; prioritize getting up when foot-kicking space appears.

Timing and game-switch training: periodically create space during grappling rounds to insert strikes or weapon access, then re-engage; practice boxing grapplers and grappling boxers to push opponents behind time.

Breath work and expansion: separate internal pressure from breath; verify ability to converse under load while maintaining expansion; explore Iron Shirt-style volume training.

Awareness and optics drills: four-man box and black hand drills to train peripheral recognition; after securing positions, pop up and scan designated cones before continuing engagement.

Rope/gi attachment scenarios: simulate strong grips to train posture against being dragged; practice immediate posting, framing, and popping up to preserve optics and belt-line monitoring.

Reflect on habits: identify sport grappling reflexes that endanger weapon retention; replace with fight-oriented sequences through consistent repetition; formalize Living Mechanics elements in ongoing practice.

Transcript

00:00:02 Alan Baker

So, one of the first things we'll look at is a flat break. Now, with that said, we normally say you are never flat. I mean, this is because you're studying the gun or because someone has earned it. In other words, you come over here and make me do it. So, we like to have that mindset initially because flat's never good because I don't have them on now. But you have a gun and a knife on. And there's always a ghost in the room

meaning. Wrestlers don't normally think against two or three people, And we want to always build optics and try to build the awareness for his wingman. So, one of the first ones is just a basic bridge. You'll commonly see it done this way, and you see him my back's rounded. I think we did this last time a little quick, and then we fixed the mechanics and did it. So, we call that the upper bow.

00:01:00 Alan Baker

And if you do your bridge, and I know you guys grapple, But you can do it with someone on you for weight and feel the difference between the upper both forward and back. The lever is way stronger. It's in a better position. You can lift more weight. So that's one of the initial ones. Back. So.

00:01:30 Speaker 2

Let's test it out. So, if you're flat, and.

00:01:39 Alan Baker

You can scramble your shoulders forward, bridge your hips up. All right, back down. And you got to bring them back and down to the top. Back down. And then bridge up. See how that's a better mechanic? Right? Yeah. Roll them forward. Bridge up. Yeah. Roll them back. Bridge up. Yeah. So, One of the reasons we want that too, is because you can move more ballistically with it. Like if you did an explosive bridge against somebody, you are going to create more space, which is one of the number one things we need. So that's the first one we'll show them. Now we don't say go flat, But this is a good way to learn it, and they also learn shoulder placement. So I'll scoot over.

00:02:28 Alan Baker

If I am here and I am round and I go like this, you'll see this a lot in grappling. And it's a lazy shoulder. And it doesn't mean it doesn't work, but we want to bridge to create space. But we also want to be, we call this basic defensive posture because I never want to be flat. Because the truth is, I am probably going to be grappling with one arm the whole time, because I have to protect weapon systems and stuff, or I have to keep your hands off of mine. Or I'm trying to access yours. So if I bridge from here, one of the first ones we'll play looks like this. It's just a sideways bridge. And if you play the same thing with the lazy shoulder, but if I make get my mechanic right like what we showed earlier, it's a better mechanic. So that's usually the second bridge we'll teach is a sideways bridge. We're going to try it for you guys.

00:03:38 Speaker 3

Seriously, this was lazy. This is it.

00:03:42 Alan Baker

Yeah, in the socket. And you can feel it right away when you do it. So we'll have a basic defensive posture, which is like a forty- five degree angle, and then you have forward basic defensive posture. Which this the torso is on a forward forty- five degree angle. That's our two fundamentals. You have an elevated basic defensive posture, which we don't do, A lot of grappling because I am a shark. I am in the water, I want to stay. But if nothing's holding you down, we should be leaving. So that's usually the next position we'll play. And sometimes we'll do the same bridging off of this. You'll see this in the technical getups; it makes technical getup way easier.

00:04:42 Speaker 3

This really frustrates the crap out of you. I can't, they don't understand why are you doing that.

00:04:48 Alan Baker

I've recently spent two or three days at an event with some really high level guys, and when I go to those events, I like to test things. Like these guys are good, you know? So everybody's passing my guard because I'm like come around inside, I want to see stood up really really good. That just that concept: you got to earn it, you got to flatten me out. The nice thing about maintaining that is it also keeps the exit door open for you. And you'll find in your grappling that you'll stay to grapple because you are grappling. But, but, but and I say that is the tendency to grapple to grapple. What do grapplers do? They grapple to grapple. If I am underneath and I want to escape, most grapplers re-grappling; they don't grapple a fight. So if I can create that space.

00:05:39 Alan Baker

I can start fighting here. It's just they don't think that way. It's another thing we want to be as ground fighters. We don't want to develop that habit. And people take me wrong, I'm not saying don't grapple, love grappling, You should do some of it and be good at it. In case someone that's better than you forces you into it. But I am for me. My tactics are going to be survive space, and then I'm going to unleash a hailstorm if I can.

00:06:10 Alan Baker

You have to come through all of that to get to me and earn flat, Which is one of the reasons for these positions is we want them to also produce ballistic power. Does that make sense on that? So, That's probably the two first bridges will bridge with the top leg and bridge with the bottom leg. One of the reasons we do that is because I again, I might use, please subscribe here. Grappler. Tend to grab things that they don't want you to have. So if they think your leg is benefiting you, they'll try to grab it and take it away from you. So if I use that one, a lot, a lot of the guys try to grab that one. So I just switch them up. And it's very difficult to control all of you all the time. And that is uh sideways bridge. The next one I'll do is called an upper body bridge, and this is tougher on me.

00:07:10 Alan Baker

If you are strong enough, you go like this. But it's like my shoulders. So, What I usually do is put it on a forty five degree angle and I'll. You'll see, i'll move myself over it. And I do this ; I've been doing this a lot under mount lately because we don't do that as grapplers that often, right? You are under mount; well, I am making a frame; I am staying flat. Am just sitting up so many people don't deal with that and you are, If you play that game quite a bit, almost out. I just have to not smash professors. So commonly when we'll play, let's go from here. This is what we normally do.

00:08:08 Alan Baker

You know, 'cause I'm I'm okay in the water. See how it changes it? And what does plank you go here? That's right. See see how you're already wanting to leave? Yeah. Now I didn't even have to escape. And see, the nice thing about it is my hands on my gun, the whole time. Uh. So that's the idea. So you can plug this in when you're grappling and just hit it. And. Frame and they'll be like, so that is the upper body bridge. And since we have like mind group, um you know, well, commonly bridge to create space with the major center of the body for us. We also want to be able to bridge create space with the uh chongguan heart center um and you know, like you'll see wrestlers bridge with their heads. Of course, you have to have a.

00:09:09 Alan Baker

For that, but those are probably the two most common. And when we look at arts, What they favor generally grappling arts favor this one, because it is the strongest one, you can bridge very hard. But they leave that one off a lot. You don't see that I've never considered that a bridge necessarily. Okay, what is a bridge? Bridge ground space right? Do it next time you're grappling. I've been doing it with my so I mean oh.

00:09:36 Speaker 3

You basically did, From here.

00:09:38 Alan Baker

He says, " Well, let's come right up." Yeah, you'll hear him take up the dad. I've been working my way up the food chain. The last couple of years have been doing it with a lot of time fits. So I'll just pop up and frame and I'll just wait, and you know, nothing, most of them will try to grab this and collapse. And so in the big picture it keeps your hands busy right? You're not on my gun, you're not protecting your gun. I still have a free weapon system, Now in grappling, I don't do those things, so I might defend that. But we have to remember our tactics, what I'm setting up to do. And I want you to respond with a grappling-only response because in fighting, that's probably a good thing for me. So you know, not all of them are a good idea at a martial arts context. Does that help a little bit? So you have your regular flat bridge.

00:10:36 Alan Baker

And then after they learn flat bridge, it's almost always from the basic defensive posture. So and then they have the buddy bridge. Next one would be like shrimping. Now commonly we'll learn flat shrimp because you do end up there too, you start getting pretty good in your basic defensive posture. But then we'll always shrimp from our basic defensive posture. You have your standard shrimp, you know. And by the time you are intermediate level, you should do at least two or three. It's never a single, And you always cover your feet so you can keep in a good mechanical position. You want to be able to forward shrimp now. Earlier we were basic defensive posture. If I go forward step.

00:11:31 Alan Baker

One of the things we want in our basics is all of these are going to be an attack. So this could be a knee attack. It could be stomping attack. Sometimes if someone's reaching to the belt line, I'll clear the belt and go right there. But the mechanic is just this step and thread through. And when you thread through, you're framing because this is. Framing can exist in striking and it can exist in grappling.

00:12:01 Alan Baker

So it kind of depends on time. If I am ahead of time, it's strike. If I am on time or behind, it might turn into a frame where a punch can do both, but the surface area is not as good. And sometimes some grapplers don't care if you punch them. But I got buddies, I got teachers that okay, I've been hit before. Go ahead and hit me now ; I got you. So if i get with that. It turns into grappling, it's still going to be a good frame. So this can be a frame or a strike. Same thing, could be frames or strikes. Could be frames or strikes. Could be a frame with strike. We will come up sometimes, but we'll also turn because commonly if they're behind me.

00:13:01 Alan Baker

Attack them with that, or I'll step through, turn and hit them with the knee or the elbow. So so that.

00:13:10 Speaker 3

Would be generally a good strategy.

00:13:12 Alan Baker

I've tried to practice these shrimps before and I've done them in other classes, but I won't hurt you in this situation. Yeah uh what'll happen is uh like if they're behind you guys can if you come around the seat.

00:13:28 Speaker 3

What's it coming from?

00:13:29 Alan Baker

Just like uh, Yeah, this idea. So now, right now I feel weight down on me. And so as he starts to play.

00:13:54 Alan Baker

It's Gone from grappling to trying to stop me from leaving.

00:13:59 Alan Baker

So most grapplers will create a balance between downward pressure and holding. If his hands are busy, it's not a bad thing for me. But if I feel. flatten me out. So he just did it. Everybody see that? He raised his weight up and he's trying to push here.

What's holding me down? What's holding me from leaving?

00:14:33 Alan Baker

Nothing, So you know, they'll try to pin you, but then they'll try to push against you to turn you. And in that moment, here's out. Now they don't. They don't think that way necessarily in jujitsu because they want to stay and grapple, but you'll recognize those moments and leave in your game. So what about.

00:14:59 Alan Baker

So, This, this.

00:15:02 Speaker 3

That's not what you were doing.

00:15:03 Alan Baker

No, but you can't. Cause uh sometimes like you were pushing me forward. Pushing forward. See how this is good for you? I'm stuck. Uh, it's one of the reasons we'll say, uh, there's a difference between a dead mechanic and a living one. So if he puts pressure on. It's aligned, but it's dead. What's the difference? Yeah,

00:15:32 Speaker 3

I mean you create space. Back me up, sorry. So back my center back.

00:15:38 Alan Baker

You could think uh I can align, but I can stretch the joint uh or you create pong. Feel the difference? Way easier for me. Now he pushes this way. Yep Oh there we go, See, I'm just mechanically look at the space.

00:15:59 Speaker 3

Yeah, and it really limited. I mean, I'm gonna start. I got to abandon this and go for something different.

00:16:04 Alan Baker

Right, you gotta clear it. So if you clear it well,

00:16:07 Speaker 3

Actually I'm thinking this was a four spinners You have where's your way? Not in that spot right here in the spot,

00:16:22 Alan Baker

You know what It's uh It's going from. Seeking certain things as a grappler only because, like when I'll do this in jujitsu, we're grappling and they'll put pressure and I'll pop out three or four feet. Then I'll stop a little catch up.

00:16:40 Speaker 3

But they'll go," Well,

00:16:41 Alan Baker

That's cool." Let's grab where I'll spin around and face them. Then they'll catch up. But that's grappling. But, we know what could you do with that little gap if I'd have done the reverse shrimp? That knee came over, that shin bone came over. Hook smash comes over. You know, All of the options for striking when they're when they're dog, we call it dog walking because most grapplers and anybody watching this video, I love grappling. Not giving it a hard time, but I want to study it and I want to understand it right? So they'll go like this. They'll try to crawl to get you. And uh, we call that the dog walk.

00:17:24 Alan Baker

We used to call it a skull, - bending machine because if you're unknowing to what the options are, you're just serving your head. So that is the forward shrimp on our basics list, right? It can be a step over, but see how my body's disconnected and dead. Limited. Like the joint stretches. Your hips came up around there too, didn't they? Yeah, so you can see it. Normal and it's not bad, It's just there's an alignment, but there's a difference. And you'll feel it when somebody does it. Uh like if you put weight, you'll feel the difference between just aligned and being uh open stretching.

00:18:20 Speaker 4

Do do you train yourself to feel that or or becomes natural? Sir, But you are training yourself to feel that worm feels natural for you to move that way.

00:18:28 Alan Baker

Yeah, I grappled in this state. I learned it from you know my gracious instructors, but mostly it was like Chico Iron Cross. And then i I initially started doing it under defense, you know because you do defense and we did.

00:18:54 Alan Baker

You can have alignment and do pretty good, but if you grapple, you can feel it right away. It's way better for me. I think one of my teachers said one time, "Both work, but a skeletal alignment with expansion is way easier for me." Even if you have to put the same amount of work, it's way easier for me. And it is so I do a lot of. My own jujitsu system, and we call it Living Mechanics. And, that's the whole system is based on opening that and being in that expanded state. It really is a huge cheat code. So when I step, disconnected still connected. See how everything he has to earn flat? You know, sometimes we'll go right back in.

00:19:51 Alan Baker

And each one of these moves is a striking concept. We'll look at it underneath an opponent too. So you have a reverse shrimp and a forward shrimp. We try to do a forward shrimp with both feet. Most common one is over the top, Which is also what we did with the new body weight four with the bottom foot as well. Then you can go north south down downward trip. You know, you are active. So we want to be able to, you know, commonly they'll just teach one trip right? But if we think of grappling, we

need space and we need to move. So if we had a race car that would only went in one direction.

00:20:50 Alan Baker

You take it back. I needed to at least go in four directions, so that's why you want a shrimping motion, north-south-east-west baseline. Now when you do it, Somebody that does grappling they'll see that and he'll I think earlier, he put his hand, you see him underhook my leg? That's experience because he knows Alan needs that leg to do stuff. Well then I should have two options. To shrimp. Because of that reason, some guys will shut up, they'll grab, shut it down. So that is the basic shrimping. And then we'll do a shoulder shrimp. So all of these shrimps related to Dante. So we want one to move the upper center as well. So you can shoulder shrimp north south.

00:21:49 Alan Baker

East, west. And again, this one is uh not common. And, when you add it into your grappling game, and it's very difficult to stop you from moving. And sometimes in grappling, we will place ourselves behind time to train. You know, and we will say uh I'll give you a courtesy position. So earlier I said hey coach come mount. It's courtesy mount. Otherwise if we're Fighting, he's got to come get me out. But we have to do that to learn. But it's important for us to have that designation mentally. You know, I am giving you this in this moment for training. Some people don't do that, and that's when they're getting ingrained. I always tell a story about the shoot house and the guys that were paying me back. Have I told that one before? Virginia sometimes teams will bring me in and they'll have.

00:22:48 Alan Baker

Did one of these recently? They'll have two days of drop, two days of shooting. I'll have them for two days of defensive tactics. They usually put me on the front end, and so part of my deal is like, "Hey, if you let me stay and play," it's cheaper. So everybody gets warmed up and we go through two days of defensive tactics. You get to know them, and they're like oh Are you staying for the shoot house? You staying for drop?" We're going to get you back. Like, okay, so they were getting me back, and I was in a hallway. They knew the place obviously. I am going down, and one of them rams me against the wall, and I slid down the wall. And he comes down on top of me, and I could see the other guy coming around. And part of what we trained is he's going to soccer. Kick me. ;, he's going to boot me in the hip. And I was breath starved stress.

00:23:46 Alan Baker

Worried about the gun. And so you go into that part where your body does what it's trained to do. And you don't think about it. You ever had that happen? Uh, I happened to me in that moment and I escaped side and went to What's. The first thing they teach you in jujitsu? Went to guard, right? Remember that day one? How do I get out? Escape side and go to guard, right? Everybody. Um, and I've been doing it for thousands of times. Over thirty years, And I'd even to the point now where I got a gun on that wouldn't be. I knew that I actually said that the day before, but my puppy dog brain in that moment escaped side and put in guard. The dude actually did this; he sat up at my guard, looked at me, looked at my gun, pulls the gun out right as he shoot me. His buddy's kicking him. Yeah, and so after that I was like, "Why'd I do that?" I mean, I know better than this. And it was because.

00:24:44 Alan Baker

I've done it so much, you know. When we study what trains the nervous system, usually it's good drilling. Because if I drill right, then we hope it comes out in stress. So how did I drill? Rolling. What did I do for thirty years? Stake side field go up, stake side field go up. And it was so deep in my system that it came out in that moment. Oh, I wish I did. I'd at least inflicted a little more pain and less embarrassment. So I had to come back, and that's when I started thinking, "I am trained to grapple the grapple, not to grapple the fight. I don't have the ingrained instinct to grapple the fight." To switch in that moment and start unleashing, get up in a certain way and protect the gun, To go, do the back door escape and not take the weapon system to them. And that's when I had to start changing my training.

00:25:40 Alan Baker

Or you with a story. They say storytelling is a good way to teach.

00:25:47 Speaker 4

So, start the process of creating CTEC and those your style of jiu-jitsu.

00:25:54 Alan Baker

Yeah, well, a lot of it was CTEC actually living mechanics. When I had that experience and I was working with the guys and working with the PI, I got disappointed in myself, and I came back and I kind of changed the. But I didn't tell everybody. I had Iris, Todd, Chris, a lot of guys. Iris ran the school. Todd's job was to train with me every day. So I started changing my jujitsu. I thought, well, I am going to make these changes and I am going to put them in jujitsu because jujitsu is great because it ingrained that in me. So the puppy dog knew to do that. I just need to change what I am doing, and then do it thousands of times. My whole jujitsu game is totally different now.

00:26:39 Alan Baker

All of this came from that. So when the guys are doing regular bridging, I am doing the edge bridge. So for years, this is kind of a funny story too. They're like, "Well, what are you doing?" I am just changing things. I remember Iris why why you doing it that way? Because I'd escape with we've done the back door escape. I think last time with the yoke escape, take the weapon system away. Um, I just like it better and it's probably ten years. And then Iris went with me to EPI. They asked me to do something similar to this class, so I started teaching it. At the end of it, she's like, "Is that why you've been doing this for the last ten years? Why didn't you tell me?" And I was like, "Well, I didn't want to mess up at school. I just needed to fix what I was doing." And so word got around, and then that's why that's why Living Mechanics exists now. People are like.

00:27:38 Alan Baker

I've got an organized curriculum that's just been mine the whole time. So, does that help? So, commonly, I believe last time we looked at some ways to throw knees from underside. Coach Brian helped me with that. We don't have to do it again necessarily, but when we escaped speaking of escaping side), I just have to be careful with all the explosives. You know, one of the reasons for this underhook is because, you know, I know one hand is going to be on that gun or somewhere. I am going to be blocking him from striking me. And so the common escape is I go to guard. So I am in front of him here. And I may try to stop him, but he can grab the gun because I am actually bringing it to him. So the back door escape sometimes will bump and he'll yank it in.

00:28:41 Alan Baker

See, I able to follow him. If he does, it's actually going to help me. All right, see, I am lined up to go to my gun, my knife if I want to. He's actually making a very common mistake. Yeah, but kick him off. I want to do it hard. But, we did the pin and pull ; all of that's optional before I just engage or leave. So that was a backdoor escape. So during the backdoor escape. Last time. What are my striking options? You know, sometimes I've got a hand. So one of the first ones you recognize it. So if Brian was here earlier, one of his feet was right there. Got so the calf, the rib cage, one of my favorite ones. Sometimes it's very common. I think Brian actually did this last time.

00:29:40 Alan Baker

Is your body okay? So I threw the knee, he blocked the knee in some way. There's the bottom. Right. We're fighting, trying not to smash officer. But when you did your uh porch trim, you did all that.

00:30:18 Alan Baker

So Uh we could get a volunteer or avolun- toe. Anybody? So you'll do a say, board shrimp. Yeah so shoulders in the socket, right? Expanded joints, right? And so the first one that stepped over, and then you threaded the knee through, and you come up with a frame on this side. And if you have to go flat, just don't let your back go completely flat. So I'm not going to fly it in. So I've created a frame. You can go in that direction or you can go in this direction.

00:31:19 Alan Baker

So the first one was that step. Right, so we can practice that like this. I get this all the time from the dog walk. Uh, I'll I'll trip away from them. You guys are gonna let me just step into my hand here. So to feed that.

00:31:54 Alan Baker

There it is. See how much more power you got? So it's like, I can go here. I mean, it's not that that don't suck. But if I bring this into it. Right. You can see how there's a little. I've got more juice than a little. So the next one.

00:32:23 Alan Baker

So as that foot comes over, it's a knee shot.

00:32:55 Alan Baker

And you guys can grab a spot and maybe face this way. I'll have you know, you're the first one, second one to kick that pad. That's brand new smell. Only a martial artist will understand that. Want to see him?

00:33:28 Alan Baker

So the first one we can do is a. That's a little easier. All right, wait. Yeah,

00:33:36 Speaker 2

Get some momentum here. Have this knee and turn this way with your hips. Justooh, see how the knees open? There you go. Boom! That's it.

00:35:23 Speaker 5

Well, The uh the mechanic that'll make you better at this is the sideways bridge. Which uh like when I travel, we talked about the Indian clubs earlier. Like this series.

00:35:34 Alan Baker

I do this in the mornings in the hotel bed before I get out of all. Run through the series, the shin box. Yeah, yeah. Because around the world we're studying mechanics in a grounded position. Like when we're on our feet, you know, step and slide, slide and step. What would you do on these if you are on your butt? What is your butt work?

00:36:05 Alan Baker

In laying, what is that? These are your fundamentals. Just like in grappling, the better you are at grappling, the better you'll be at striking. And if we choose our mechanics, they're striking too. And so now if we use this to grapple, ideally we should be in a position to throw these at any time. Then Brian did a. Is your body okay?

00:36:35 Alan Baker

Next one is a downward knee. So it's the same mechanic when he comes over, he'll drive the downward knee, boom like that. This one is a bruise. I'll have guys that I'll sweep and they'll land on the mat next to me. You ever get a helmet does that happen? One of the worst things, like they'll land here. You can see it now, boom right there. Uh some of them will land like this because they know it's coming but.

00:37:06 Alan Baker

So bad. So. Ooh! Right.

00:37:15 Alan Baker

Shh! Yep. Now, that's the next one is the shinny hold on. Right? Oh, just don't hurt your foot feel that knee. Yeah, right. So now I'm fine, but if it's on the curb, yeah, ask me I'll know. Oh, yeah. So what do you do when your foot?

00:37:35 Alan Baker

And I'll usually kind of catch it like that. And again, you know, like uh, think of it this way too. It's okay because we're like martial artists and things like that. So if I'm right here, can I do this move? How hard does that have to be? About that. Right. I just barely did it and it was like holy cow. So you're probably using, A ten. I would only need like a two. And he's gonna, he's gonna deal with that. And again, we're not just gonna do one. So if you're there, you may have one from, you know, so it becomes this. But yeah but There it is! Because you raised your foot up. So, that'd be the next next one. We had the smash, stomp the knee, so the dropping knee. And then the shin bump.

00:38:37 Alan Baker

You don't have to do them hard. Like I've got students that practice like this.

00:38:45 Speaker 2

At least you know the move if you need it, right?

00:39:07 Alan Baker

Right there. Yeah. So now, this is also so familiar with this. In grappling, you see how you want to be close? Grappling, grappling. You know, get your control. Scoot your hips away from him. Look at that. What can he do from there? And then he knows. Look at all of this! Look at all that! So in grappling, this is what we do, right? So I want to be like this all the time! If I can go like this. See how I make space on the low side? I have all those options.

00:39:37 Speaker 2

It should not happen.

00:40:14 Speaker 3

Follow. So, uh, which one did you do? Sweet. Uh, and the uh open sweet.

00:40:22 Speaker 2

Yeah, that's called a sweet. We'll see it in a second.

00:40:30 Alan Baker

Okay, fine. Let's go. Like I'll I'm commonly I kind of do it with an arm grab. Uh now do it.

00:40:42 Alan Baker

So you can see how you wanted to go right away? Yeah. Don't. Keep your weight on him though, up top. Now you're set up for it. Right, that's the habit. Grapple grapple habit. Yeah, it took me a. And there's nothing wrong with it if I'm like I'm wanting to grapple, Being close is a good thing, but knowing when to create a little space, what does space give us? Ballistic power right? It's knowing when to do it because you can hit them and then continue to grapple too. Okay? We don't train that. That's the point is, as ground fighters, we want to be able to switch anytime we want to change the game. So because it makes you want to. Yeah,

00:41:24 Speaker 3

Oh right there it is. Yes. Yep. I had to came up, I had to get back and commonly uh.

00:41:35 Alan Baker

You body okay? Like uh when I am grappling with a guy.

00:41:40 Speaker 2

It'll look like this. It's a practice.

00:42:11 Alan Baker

So, like, you'll do it with someone that just does a single system, and they'll be like, "Oh, there's space, ", and they may feel it for something that's okay, because people will let you go frame. But you don't care because you want the space. Sometimes you'll be grappling and they'll try to stop you from mounting. I sweep here real quick. I just got to protect.

00:42:39 Speaker 2

Oh no, right? So, what do you do? Oh gosh, I am so sure.

00:42:45 Alan Baker

What are they going to do immediately? Stop. Then you can go right through your game. Ah, right. Because we said t here is three major elements that they need: space, movement, and frame. Because t here is always one at least one monkey trying to smash it, right, so they got to stop it. And it's ingrained in their system. We'll uh do this with the firearm stuff sometimes, you know, like if I if I uh you know we're playing, I've got a gun. That's very common, right? So we'll go play again. Right. So where'd he put his hands? He was up here, he was like oh crap! So he was busy stopping me from gathering space and he.

00:43:37 Alan Baker

Now I have the same thing will happen down here. If I am hesitant on the way in, and it depends on where you do this, hands go right to the weapon system. But if it's violent action toward their head, they go generally would go away unless they're trained. Unless, they're trained to go to one of those positions and just weather the storm. Sometimes. So I know.

00:44:04 Speaker 3

There is probably an easy answer to this.

00:44:10 Speaker 3

So I'd say, natural response from somebody this week.

00:44:24 Speaker 2

Here. But an end to keep the space from happening.

00:44:30 Speaker 3

But there's another, it seems like now I'm looking at it. I'm just saying if he's trying to because that's stopping what we're just doing.

00:44:39 Alan Baker

Well, the cool thing is, like right now, this is called a mid-range frame. We have long range, mid-range, close range frame. So earlier we did a backdoor escape, right? So this is so good because I'll do the same thing to you. I think this is like one of the ways best ways to study us is to stop and go. What about this and what about that? Because you kind of go. So, if I go like this, and right now he puts a frame in. This is the most common frame put in, a mid-range frame. But earlier you did a backdoor escape, right? You yoke grip. Case that happens and case I go here he'll shove. That is a long-range hook. So mid sweep, I want you to get that yoke escape.

00:45:38 Alan Baker

And do two things: make a long-range pose, but don't go here; go there on your sweep. So you are going to do a reverse shrimp when you hit the mat. Okay, go to a long-range pose. Go. All right, now oh man! No, the hands perfect. Scoot your butt away; it's okay. Two things have happened: your weapon system is farther away from me now, and even if you didn't get up, you had striking. So if I start coming over there in that. Right. Sometimes the upper body posting is better because of the weapon system. Both can create space, but it depends on the tools you've got. Does that help? And, you could do this in grappling because you just fall out and then let them catch up. You know what's going on. Well,

00:46:34 Speaker 3

I don't go out of a lot of things; it's the same thing. You know, when someone pulls you over here, you go here. You know, the same thing when you sweep me. Why don't I just. You know, I can take the energy and go.

00:46:44 Alan Baker

More where I am at. You know, it's kind of a ingrained response to get close. Crackle crackle crackle crackle. Right? The answer generally is to try to go get him. And you know, that is a fighting tactic. If we do it all the time, it'll get ingrained. So we kind of want options too, where I make a little space. I create, you know, the option. Even if I don't do it, it's like okay, I know it's there. Like a role with Dennis and Dennis trains both. And, so i'll get comments from him. You know, he'll sweep me off, and i'll make a long range post, and he'll be like, nope, then we'll go back in, and he knows he'll see it. You know, because he's got the people that uh, oh, he got swept.

00:47:35 Alan Baker

But the thing is, Is like you might you might be okay to get swept depending on our goals, right? And so if you sweep me and then we scramble and you get dominant, that's bad. Grapple grapple. If you sweep me, I'll make enough space to create a gap. Fill that gap with violence and you walk into it, then it's my game now at least for that moment. Questions?

00:48:05 Speaker 5

So, When you create the space, what you put into that space is a matter of timing, right? A matter of when you want to. It's not just automatic that there's a space and I am going to insert a long post or something into it. I need to be able to increase my advantage somehow and.

00:48:27 Alan Baker

Get ahead of time. Get ahead of time. I think in all of fighting, you know, we have certain things that. Regardless of system, that is good to achieve. Being ahead of time is a good thing. Recognizing when you are behind time is a good thing. Have you ever been in a fight and been behind time and just kept going? Just because I am tougher than you, right? Okay, the guys that laughed and had that moment: "I am losing to you," you know, "I am never going to recover in time. " And if that were a knife or a brick or I had ten more years.

00:49:03 Alan Baker

So it's like, and I have to recognize it and go, "I have to do one of my old shift factors in this moment. I either have to make space and equal time, or I am going to have some ballistic force to equal time." You know, if I can surprise them in that moment. And, then there is a moment ; I might even have a little pause in that moment—might surprise me just as much as them. But if I can kick it off quicker than them because I've been there a few times, then I have equaled and got ahead.

00:49:33 Alan Baker

Regardless of the technique. So one of the ways is to take them out of their element, or sleep. I'm probably going to slaughter this quote, but if I know you're a jujitsu guy, I'll box you. Or I know you're a judo guy, I will box you. And if I know you're a boxer, I'll do judo. Because what's that going to do? Uh.I'm not.what? You're behind time in that moment. So there are other elements that you can do too. You know what are the options? Weapons, Striking grappling. Basic. So if they just grapple, And then we've trained this enough to create a gap and fill it with something, and they don't know that, let's go put us ahead of time. If I produce a knife, and they're like. They've never done that before. What are they going to do? Behind time right? So I think on a top level.

00:50:32 Alan Baker

That's what we're actually doing. Now we can create techniques to achieve it. Well, on doing this, it's usually if I don't have good mechanics in that moment, it ends up being a knee that's just leg power, right? It's a foot powered stomp. But if I am used to using those mechanics and moving that way, when you land there, you are ready to go. And most of the time you don't land. Like your land expanded and ready to go. You know, sometimes we'll accept the ground. And you know, if I were to teach grappling, I would be equally as passionate about grappling as I am talking about the ground work. So, I'm accepting right? That's it. It's just expanding.

00:51:31 Alan Baker

And you'll feel it. We've done this, right? We've done this. It feels different. If you've never felt it, you can put some weight on me if you want. Feel the difference in the two. It's way easier for me. But you'll. I know you guys will do this just move around with that Right So. I have alignment, but the joints are dead, so they're expanded play.

00:52:02 Alan Baker

Feel the difference? You're sitting. it's right, dead. Smaller point. Living. And I have more ability to create movement if I'm here. I only have the upper body. I can move these things, this is stuck, this is active. So we talked about that earlier, I'd like to grapple in that state. That is a. Fighting state, unless they take it away from me. Which, you know, if I am all there, hopefully I am in it and I am going.

00:52:39 Speaker 3

You don't even know what to do all the time.,,

00:52:41 Alan Baker

That's not what you do. You know what's a beautiful thing about it is, uh, it is very efficient even with good players. Um they don't deal with it much; it's mostly just alignment. So when you do play, it's like the heck; it's different.

00:52:59 Alan Baker

And it allows me to keep space. You can feel that there is more space for me because I need it, right? I want to escape or I got to protect or I have to fire something off in that moment.

00:53:13 Speaker 5

Talk us about breath practice with expansion like that. So you disengage the breathing process from the expansion process, I guess after.

00:53:28 Alan Baker

So, there are two sides to it. If I am answering your question, open and close. I think that the ability to go between two pretty ballistically is a good thing. You know, like I can expand quickly in moments and create space, but I can also take it away. And I just recently kind of started putting together like a. Name for this, like short power. Uh, you know because I'm I'm using more these type of ideas in that space. You know if I come here, it's just soum you know, you can create a certain amount. But uh you know you have this and you have.

00:54:25 Speaker 2

Added to it.

00:54:31 Alan Baker

If I have to, in this space. You can even try it dead and it's harder to do. It has to be living. To create it. So, I don't know if I'm answering the question. So, I'll collapse, the breath and the expansion or the pump to try to create close quarter power.

00:55:01 Alan Baker

And I think that the more conditioned your system is from training, I know you'll be more ballistic in that movement. Sure. You know, if you train.

00:55:15 Speaker 5

So if you're expanding though and you're doing this movement around, They're moving and you're more than a breath's worth of time that you're staying expanded. Yeah. And then stay expanded and just keep breathing normally, right? So I'm saying.

00:55:36 Speaker 2

So yeah, pull a little weight on me.

00:55:46 Alan Baker

Okay, so there's expansion. If I were holding my breath, more weight. A little more effort. More pressure. What'd you do last week? More weight.

00:55:57 Speaker 2

That's good.

00:55:58 Alan Baker

More weight. Okay. See, it's a physical thing. It's not expansion of the breath. So you can expand, and I would probably get more intelligent verbiage from professor, but uh I can create that expanded state that's not related to this. This can add to it. Uh and two you have breath and then you uh Valsalva.

00:56:29 Alan Baker

It's separate, right? What's that? Yeah, so like he makes a fist and drives in. I guess I should get ready for that. Drives in. So I'm here, I have to connect it to this. So if he pushes in, I should be able to maintain about power but still have a conversation. So, the pressure has never got anything to do with the breath. You ever hear the three? I don't know; I could be wrong. If I am, Please correct me because not knowing what you don't know is terrible ;. It's a terrible state of being. You have healing gong, scholar gong, and warrior gong. So, I think breath work is divided up the same way. :, you have breath work to be healthy.

00:57:28 Alan Baker

And, you have breath work that's going to be for a room full of fighters. So that is those divisions. You see a lot of Iron Shirt breath work, they'll do with the poles and stuff. That's, one of the things they do is separate internal pressure of Valsalva from this. And they also expand this so I have more volume because, Uh, if I don't train the system and I get a little older, I get breath starved sooner. I know when I hit fifty five, if I don't intelligently breathe when I train, i get breath starved sooner than the twenty year olds. So if I can use that state, try to breathe smart, depending on what's going on. Does that make sense? Okay. Questions?

00:58:29 Alan Baker

So the next one, when Brian did the step over, is the bottom knee coming through. And sometimes people would just go like this, but it's a combination of the hip and the knee. So that might. guys will go like this. But if you watch the center. Yeah, I'm exaggerating it, but the knee's connected to that.

00:58:59 Alan Baker

So, you want to demo Superman? Let's get the Kryptonian. The homeless Kryptonian. So that'd be the bottom. So when you step through, the hip and everything comes. Right. That's it. Yep. This is one of my favorite ones. This is like one of the hardest ones to hold for. Is the shin kick.

00:59:30 Alan Baker

So you'll get this because guys sacrifice themselves for your education. So I'm inside, Brian steps over, and I'm kind of like, "Oh no," I go here. He still has me. You can hear with that knee. Ooh! Right? So guys will recognize this and they'll go, "Oh crap!" And they'll go here. Yes. All right? And then I'm not away from you.

00:59:59 Alan Baker

So, it's hard to hold for. with enough. The more range you expect, right? You got the the knee on the bottom side and the shin bone kick on the bottom side. You can kick with the foot, um guys that do Do a lot of uh pit attacks. Well, Sometimes tougher grapplers just eat it so they can get their hands on it and try to attack it. So, I haven't thrown as much of the feet. I'll keep it into the shin bone or the knee. And the way I look at it is if I have enough space where I could kick you with a foot there, I just get up. Like you come up on my knees and go, "You guys want to try this?"

01:01:02 Speaker 2

Doesn't have to be super hard. So.

01:01:16 Alan Baker

The that children, yeah, right, make you move better.

01:01:55 Alan Baker

So now, you're going to do the top one.

01:02:09 Alan Baker

Now, You're going to go knee and then stomp the mat. Stomp the mat and that's when that bottom one's going to come out. So you get a plant, alright? Okay. So top one.

01:02:29 Alan Baker

Boom! Hulk smash. Ooh, let's get stronger. One more time. Top knee.

01:02:38 Speaker 2

Stomp! Ooh! Look at that.

01:02:48 Alan Baker

You know, it's like uh. on our feet, you can throw combinations. You'll have your favorite combination: jab cross hook, whatever. Dennis has a set he does. This is a popular one, you know. And we throw combinations because what happens? It's hard to deal with that many. If I am behind Tommy at the moment, it's just "ba ba," it can be overwhelming. So you start piecing together your combos. You guys want to play those a little bit? Yes, yeah, and it doesn't have to be super hard, you know, if you are just moving through the mechanic.

01:03:28 Speaker 2

You can always take it and train.

01:04:01 Speaker 2

You'll always be.

01:04:33 Speaker 2

Yeah, that's right. Hold on. Right there. Yeah, I have a third one.

01:05:35 Speaker 2

[0m0 s12 5 ms - 0 m1 s3 75 ms.] (dog barking) [0 m1 s3 75 ms - 0 m2 s4 65 ms.]
(thud) [0 m2 s4 65 ms - 0 m8 s9 85 ms.] M an : This way is a little straight.
[0m9s345ms - 1m269ms] Man: Yeah. Man: Yeah, I did.(Thud).

01:06:08 Alan Baker

What's that?

01:06:11 Speaker 2

This is one of my favorites. Sometimes I'll throw building knees on top, so I'll knee, stomp, reset and knee. Because you can hit this to him and he'll move. Stomp him a little bit.

01:06:29 Speaker 2

So you step through, hop in. Knee to the inside of the knee and stomp right about there.

01:06:36 Alan Baker

And then you're going to follow him.

01:06:40 Alan Baker

You're bringing it up, playing it, and then immediately. I do that one a lot. People, after you hit them, they'll know when you're giving it to me. Oh crap! You'll be like this. And so you'll. we call it the curly shuffle. So they'll see it coming and go "Oh no!" So I have to get back. Which is uh one of your.

01:07:19 Alan Baker

You can curl the up forward and back. And when this is like a ground fighting,

01:07:35 Alan Baker

Sometimes It's backward.

01:07:38 Alan Baker

I have someone here. I'll curl my body, move, and then I'll pitch back. It's usually a disadvantage because it's pretty that far back on that.

01:08:03 Speaker 2

So then.

01:08:21 Alan Baker

Question. So, a ground fighting on this is a common thing that I have to say, like habits I've fixed doing that has been huge. Like, I'll be grappling. I'll make a long range throw, and the guys will still be laying on their stuff. There's nothing holding them down. Creating a habit, and there's nothing holding you down because with your mechanics, imagine throwing that knee with that. Is that going to be harder? So the more engagement you have, the less power you have. So I have to go take that trophy. So we're here, right? And I know.

01:09:06 Alan Baker

Maybe you don't care anymore. You care if I walk over here? All right, that's right. I kind of like it. See, so all of this, you know, you have like ground fighting and to me it's divisions. One is what we're doing here where we're going. Well, he's down there with you, but it's also this engagement. You're down and I'm coming getting your guard or I'll walk around your feet.

01:09:37 Alan Baker

It'll make me look at this differently. You're like, walk over here. If you think about it, go ahead and set up and just stay. Would that be in range for you? And how would I know this if I don't train this? I think I'm safe right here, but I mean, I'm not going to walk for a couple of weeks, right? So it translates in your around the world drill too. So like if we're grappling, is this a common place for grapplers to end up? You got options. Kneeling. If I'm standing, And now even if I come to that point and he gets that underhook and I manage to take this away from him, he still has a living mechanic. All of it. Look at that straight foot check.

01:10:37 Alan Baker

So, you know, there we could make a technique. So sometimes techniques will get limited to certain situations. So, you know, if you do if you grab here, I will do this. But, you know, that might not work over here. So, we want to keep it in my opinion, broad as possible, but choose mechanics that will work in a large spectrum. And it doesn't mean we won't have techniques; you got to have those too. But that's why we do it that way. I might stand up now, I go, "That's not such a good idea." We'll do it from knee on stomach. So if I manage the public into a knee on position, what are your options? You know, a lot of times in grappling, we look at that specific way, right? You take your back to this like. Yeah, it's almost like.

01:11:37 Alan Baker

Give me what I want there a little bit. Can, you say more in the case of the one on my shoulder and I got the one on my bottom? Touching ground underneath the mat. Yes, probably. Well, let's move which hand? See less power. So like see how much surface area is touching? It's.

01:12:01 Speaker 2

Harder for me to move. It's not that I can't but if I start to get. Engage, not engaged to the ground. What's that?

01:12:12 Alan Baker

Not engaged to the ground. Yeah, it's uh the mechanics. Um, not intergap. Intergap open.

01:12:25 Speaker 2

Stretch open.

01:12:30 Alan Baker

Yeah and it's not you could, You know, like I'll teach this to guys that are only training cause a year. And they're not like you guys. You guys have clearly trained more, but they won't move their hips and they'll do this to me. Oh, I am sorry, coach. It still sucks. Uh, You know, I am not saying it has to be that way, but when I have hit, I've only done it.

01:13:03 Alan Baker

Or I actually put it in there because we had a young man that was, you know, had a very good question. wanted to add your figure with me. And he didn't show up. We have a three day weekend; his first day, he said he'd come back after lunch. And I regretted it. But, it's like getting a kick in the leg by a Thai boxer ;. It bruises, your bones, yeah so, You know, and that's what would develop with proper mechanics. And two, that state makes you harder to deal with. Just a survival. If I get on the ground and he's bigger than me, he's got more experience, maybe he's younger than me, and I am like okay, well I just want to survive. I'll take my own weapon system, you know, and survive for a minute or two. That's a huge element.

01:14:04 Alan Baker

So that's way easier for me in that state. Way easier. So, that's one of the benefits of even if you don't be on our skate, you can feel it like a mountain position taking away. You'll have so much pressure that you can't breathe and you'll panic. And so that's a nice thing about that your frames will be.

01:14:34 Alan Baker

Better using that as well. Like a frame will push against them, an expanded frame will connect to them. I think we played that before too. And so, even if you don't, you know, Do the pad work, but you can do the movements because it's the same move. We just did four trim one of them. Uh, if you see it, you go," Oh, cool! I can do a few of those." You're still training; you still have that option. And there's not a lot of people who do this. The closest thing may be like Solat, and they don't really look at it that way. They don't do it in a graphic environment that often.

01:15:26 Speaker 5

So just a dumb non- graphic question:. So when you talk about the direction of the tramp, you're talking about the direction your time. Yeah. Which way it travels on the chair.

01:15:35 Alan Baker

Yeah, if I'm facing that way, like we'll call that a forward shrimp. Uh, back shrimp is probably the most common one. Um, so you can uh move and bring your feet, or you can do the curlicue shuffle backwards. Uh North, I call it the injector seat, but it's the ability to go straight up. And then the downward shrimp is the one I did that takes you downward.

01:16:02 Alan Baker

So, and then you'll have shrimps that move this, and you'll have shrimps that move this. Because we'll shoulder shrimp. And if you're up on the elbow, you can elbow shrimp. And the shoulder is more fun in the parking lot than the elbow. Yeah. So.

01:16:32 Alan Baker

Connected with movement of the hip. When coach was inside earlier, his grappler sometimes will stay and see what happens. I'll put his hand out, I'll do my technique. But like a lot of times when they get that position, there's just a little bit of this going on the whole time. We choose to stay here to.

01:17:04 Alan Baker

And that's a habit too. You know, sharks stay in the water. They're not as effective on the beach. So, uh. This.

01:17:20 Speaker 2

Is dreadful. Oh, this is. So we start. Got a plan?

01:17:30 Alan Baker

Oh! Now stop it! Stop his knee and I got to protect my neck here, but see how uh the upper body, my shoulders move and my hips they move, but it's all on one side of the boat. Let's.

01:17:52 Speaker 2

See here.

01:17:54 Alan Baker

And it doesn't take a lot of effort, but it's you don't accept it. You just constantly moving well,

01:18:00 Speaker 3

So constantly have to catch up. Yeah.

01:18:02 Alan Baker

They're just like, "I don't stay," which is a choice, you know. You go, "Was it that simple?" Yeah. If your mechanics are kind of crushed, and nobody teaches this because again, I want to learn to grapple. So I stay in order to learn to pick the locks, and if he puts his oh, I got to get that skill. But if I am pretty good, the next skill is that I am going to constantly be progressing somewhere unless he stops me.

01:18:33 Alan Baker

And that becomes a habit. We don't accept it. And then you see the shoulder turn? That's where we're coming in to be like hip, shoulder, hip, shoulder. You can try it a little, and you can have them in front of you, behind you. It's just easier to show behind. But. Yeah, so like.

01:19:36 Speaker 5

Right to back to load this, and you could.

01:19:46 Alan Baker

And one of the things in this game, I'll usually at least control it. You know, if I don't know what's in me because he goes through the weapon system, even if he just starts playing.

01:20:18 Alan Baker

So I am just stopping one hand, and you can do this when you are grappling too. I play this a lot; it's just eliminating the use of one hand. Let him play, and I just control one. And, you should try it when you are gaming with him.;, it takes a lot of.

01:20:42 Speaker 2

Go get him.

01:21:15 Speaker 2

Sometimes I go behind. Okay.

01:21:33 Speaker 2

I'll Go ahead and let you get the ball.

01:21:36 Alan Baker

So, I'll just get one hand and I'll let you have it. It's funny how much it shut the game down. It shuts the position down, though.

01:21:46 Alan Baker

They'll become concerned what I failed to get in their hand free. How do they normally do it? The other hand. They use the other hand. Okay, great. So in that moment, rapidly, what's their attention? What can I do? No, I've had guys experience, guys sit up and start trying to pull it off and I'll just scoot away from them.

01:22:18 Alan Baker

You know, sometimes they'll give you the one that they want you to contain. They'll give you the dominant because you are going for the whippets and stuff. You want to reach. Should have danced on here. Sometimes if the other one comes in, they're both towards center and you can pretty much just knock them over. Because they'll struggle commonly to get those hands and bring them, you know, grappler keeps them away from your sprawls. But if it's a.

01:22:50 Alan Baker

Box of booty. They'll reach it. Gives you the option to bring the table legs in, change positions. Okay, I am probably going way over. They say that they're supposed to do a field education break every hour, so let's take one.

01:23:29 Alan Baker

Oh, Yeah. Yeah, yeah. With the frame, you frame roll this stuff.

01:23:37 Speaker 5

But get away, yeah. Uh, I can see fine.

01:23:48 Alan Baker

Yeah, It's not. It's again like if you have a guy that's got a little bit of knowledge. He's going to dog walk over here.

01:23:59 Speaker 2

I mean it could.

01:24:31 Speaker 3

I can roll the thing ten foot.

01:25:05 Speaker 2

Now, there's.

01:25:26 Speaker 3

No other way to get there.

01:25:51 Speaker 3

The More drag, more slow. So, you have to have like the guys that work with the curly shuffle very well. And sometimes they'll do a lot of right now.

01:26:08 Alan Baker

So if I'm in and I fall down on the ground, Victor's a bad guy. I get maybe to be the guinea pig. They'll accept it. And we don't want them doing that. If there's nothing holding you down, you're up on that elbow, you're making space, protecting the

weapon system. I have to dive on you and force you to drop it. But the mindset is oh, I did that very successfully and then I got nothing against him but. I don't know, I'd rather. I'd rather have you not accepting it unless.

01:26:39 Alan Baker

Force. And. One of the unique things about space is it allows you to go to your additional tools. Same thing with feet, right? If I can make space, I can go to my weapon system. But when I hit the ground, I am giving to grappler. So, I'd rather have the habit of make space, because if you can shrimp pretty good, Which is an easy thing to learn. And with the other hand, start getting to. A weapon system of some type, then the dude lands on me. If it's like a press, or something like that, I am going to have an advantage. I think they should learn grappling if they're going to train, but I wouldn't default to it necessarily.

01:27:39 Alan Baker

It's a small town, and they were allowed to have a small blade on their kid. And so, one they had gone through a lot of grappling stuff before. So, you know, I start to go around them and they'd stop and get their hands up right? Grappling. I want to stop you from grappling. We taught them the elbow shrimp.

01:28:10 Alan Baker

And I go the second you see me coming, start elbow tripping. Don't let me get there. Now, if I get there, switch to your other game. You already know that. Probably sixty five percent of the time, seventy percent of the time, I can even catch him. You know, unless I am just running at him one hundred percent. So, the next thing we had them do was go for that blade on their kid. : make space, space, space; pull it out and right away the bad guy's like okay.

01:28:40 Alan Baker

And they were like, " What if he dives on you at that point?" I'm like, " No way!" Changes the whole game, you know. But, they were more successful at it than the grappling stuff, because they just be honest,,, they didn't train grappling stuff. They just saw it for like a weekend. And you have to train this stuff to get.

01:29:07 Speaker 2

Good at it.

01:29:21 Speaker 5

Tell what they did in Venezuela with the new weapons and all that. What were they doing? Is that the sound stuff that they've been practicing on citizens down in the Caribbean?

01:29:30 Speaker 3

I heard a little bit about it, but no details.

01:29:33 Speaker 2

Just passing. Yeah, sounded cool though.

01:30:10 Alan Baker

I Know I've seen some of the little peek at some of the drone stuff, and that was ten years ago. I can imagine it's ten years ago.

01:30:29 Alan Baker

We Had a.

01:30:30 Speaker 3

Group that we worked for, AP Hill,

01:30:35 Alan Baker

Fort AP Hill. And they had them out there. You know, at that time about that big and they did it on the range.

01:30:45 Speaker 3

You know, when they're done we got one of the girls came out. So you can set them up.

01:30:55 Speaker 3

So we drove and just want to roll with the car. We're ramming through a lot of pit, pushing.

01:31:02 Alan Baker

Through. These cars, oil's leaking out. I am watching; still going. So the last day, you know, they pull them out of the track and they were sitting on their cars. You know,

01:31:15 Speaker 3

Cars are sitting there cool.

01:31:22 Speaker 3

And it looked, what was crazy is, you know,

01:31:25 Alan Baker

It didn't look like something going off on top, like a big boom on top. The explosion was in the clock. That's what's unique about it. Yeah,

01:31:33 Speaker 2

They're like went and the glass came out of this place. I can imagine that man.

01:31:54 Alan Baker

Marietta has got one of the ghost in houses. There was a SWAT.

01:32:01 Speaker 4

Team in our complex. They had SWAT out, actually, found a girlfriend. So they were out there and they were stuck for six hours. I probably thought it would come out. I think they weren't too strong at the place, but they were there for a while. So they had half those police cars SWAT out. Another white van, Mike Cramer, couple of them. Sport had two dogs out. And we didn't get much sleep that night. So I was like, "I.

01:32:32 Alan Baker

Am in a house and I knew that an entry team was coming after me." Yeah, I've played that game a few times. And it's just it's not what you think. It's nuts.

01:32:45 Speaker 2

There is no way to make it there is no way to make it.

01:32:54 Speaker 3

Some of these uh movements we've come back and really smashed in the knee and the shin and all that. Do you ever see that in uh shoot fighting?

01:33:04 Alan Baker

Uh, I've seen Eric do some of it. And uh I'm getting more out of him lately. He just released his judo program. Uh like the shin press and pull, judo does that. They'll do it with a forearm. Um, the stuff he showed. They would knee the thigh. They didn't use a shin much, but they knee a lot. This was a while back.

01:33:33 Speaker 3

I used to teach chi kung that I could see from Japan, a long time ago. And they were they brought in wrestlers, huge guys who learned chi kung. I mean it was sort of a it was entertaining but.

01:33:53 Speaker 3

I saw a whole lot of that.

01:34:24 Speaker 3

They don't want to get excited that much, but it's some of the most grueling sport.

Yeah, that's cool. I mean,

01:34:35 Alan Baker

There were two places on the head or Sambo, the Russian Sambo. I've been watching a lot of that lately because of headbutts. I am doing more doing kind of a study on headbutts with uh flat way with Sambo. Uh, if I am feeling flat way, They'll headbutt you from here. That's headbutt range. I know it's crazy, but it's awesome. Three of them are so critical, huh? Three of them are so critical, not for those guys. And if you look it up, Uh uh, let the way or let way kickboxing and watch some of those kids fight, and they'll be out there striking range, and they're getting it and I mean in fights with it.

01:35:22 Alan Baker

Yeah, and they do it close range too. But, they have some very unique framing on the inside, because the other guy can headbutt you too. So when they get at certain range, You'll see them put their hands to stop from a headbutting and they'll slide their hand off, boom, and hit him and come back with a frame. Slide the frame off and headbutt him and try to frame back. And Cambodian boxing that's got some pretty good stuff in it too.

01:35:53 Alan Baker

Uh, They use the crown and then the lightweight guys use the top of their head. But these kids were raised to, I mean it's their culture. Um so you know they probably hit by big trees or something. Is there a problem with concussions here? Yeah, You know I, that's why I kind of say it's like you look at Thai boxers. 18 year old Thai boxers do this stuff and I'm like I could have done that at 18, but they grew up doing it. So, these kids grew up probably training for that. I didn't. I don't know that I'd do that, but I wouldn't use a crown if I did it. Um, I think close quarter top of the head drop when you're coming up into them. I think that'd be pretty effective.

01:36:44 Speaker 5

Soft tissue say come back here early chin.

01:36:47 Alan Baker

Uh, chin. I practice on the chin.

01:36:55 Alan Baker

Because you can fire it in there and not hurt the part. Calus,

01:37:04 Speaker 3

A big calus print on it and stuff.

01:37:09 Speaker 5

That's uh. You see that, Bud? What? Or just happens? Seventy- two.

01:37:31 Speaker 3

Rolling. Headbutts.

01:37:36 Alan Baker

At that range are fantastic.

01:37:41 Speaker 2

Yeah, it's great. It's great. So, so I'll show you the.

01:38:03 Speaker 2

Okay. So.

01:38:28 Alan Baker

Like uh.

01:38:34 Alan Baker

Yeah, we'll do a lot of hand fighting, do a lot of coming giraffe wrestling. You know, really step up our clinch work lately. We want to be able to handle grappling environment on our feet and striking, Which is what kind of started dragging the clinch with the plum from Thai boxing back in quite a bit. So then we'll do ground engagement. Sometimes you'll introduce the bad guy to the ground. Reap, sweep, break down, take down, throw, off balance. So same thing we did earlier. We wanted to create some space and frame. So why would we put them on the ground? It's a challenge why we do it. So one answer from my judo buddies is if I can hit you with the planet, I can win the fight.

01:39:33 Alan Baker

Uh, so that's a thing. That is a thing, but uh for me, I want to put them. I want to put you in a position of disadvantage. If I can shove you into the bleachers, and you fell down and you're not used to fighting from that position and and I'm under stress, I'll strive to get back to what I know. Get back on my feet so that I can do my game. So if they're not Used to that like Brian. Now, if if we're bumbling and I get a little bit of an off balance, and he, in his mind, the the two little birds are going to go, you know what I'm just going to go down there and be the hell at him because he can't run I'll get there before he figures it out and be him right? Fight's over. So you engage a ground on the way down boom, right? So but not everybody thinks that way. So I put them in that place.

01:40:31 Alan Baker

Puts you behind time. Add a disadvantage, puts me at an advantage. So that's one of the reasons to put them down. Pretty good. I could get my loved one and leave, Or I can back up and go to my weapon system while you're trying to get back up. The drawback, when we do, it is people out of fear grab on to you either just stop them from falling or they're trying to drag you down with them. Very common so.

01:41:00 Alan Baker

When we do that, we practice a lot of whatever takedown the guys have. I'll put a gi on. And uh, we've been using climbing rope because my grip is not good enough. Uh so I'll attach myself to them by a rope so when I fall, if they don't have good posture, they'll fall with me. In other words, it signifies that I grabbed on you and I drug you down with me. If they have good enough posture. Most of the time, break the grip; it's time to ride. But then there's guys like Ron Creech that get a really good grip that just hang there. So, in that moment, if I'm bent a little forward, they'll get you down. You know, like if I land like this, Which is common in throwing—if you ever see guys do it—and judo guys will posture up right? So.

01:41:58 Alan Baker

That happens and I am forced to engage them. I want to be in a position that if I am forced in, I am forced in on a knee on position. So generally if I am here and he falls there, you know, he'll get me there too. So I have to train to kind of place myself in that moment to try not to go down. But it'll also if he does pull me like when we put the.

01:42:28 Alan Baker

What, would the guys call it when you got the suit with the long sleeves? It's like a straight jacket. Straight jacket, They call it a straight jacket here at drill because we're tied together with rope. So I'm going to get you to fall. So, what you want to do is drive in on the knee and try to have posture, ball of your toes. And I'll try to go basic for me. We can use this too. So if I throw a knee.

01:42:58 Alan Baker

I'm here, and he was hanging on to me. He would have won this engagement, So I want to train to try to get a knee in. So the posture will look like that. A lot of times. And if he does pull me, I'll try not. I want to end up in a knee - on position of some type because I'm not just fighting him ; I'm fighting a secondary person, too. And. Now one of the drills we'll do from here is we'll start from the. Kneeling position. His job is to make me come down there and grapple. My job is to stay kneeling. So last time we did the knee walk exercise, you guys remember that? We're walking around the body. So we switched knees, walk. You can walk on the legs. So I'm doing that and trying not to go into a grappling environment. Now if you're not used to someone kneeling on you, even they're trying to take care of you, they're doing a shin run.

01:43:58 Alan Baker

It's a hostile environment, but that's the drill. If you guys like to try it, it sucks. It sucks down there. But, that's what you're looking at first is because again, he's got a hurry up and grab, he has to make me come and grab him. You guys want to play that drill? Right. You can't. I'll.

01:44:24 Speaker 4

Show you exactly what I mean by that. Can I throw you over here?

01:44:41 Speaker 2

So I can hear it. Wire, so I don't break the wire. Are you too far? No.

01:44:57 Speaker 3

Think you need me here? My job is trying to bring him down here.

01:45:16 Alan Baker

That's The get. Now, I'm not pulling as much. I'm trying to clear. They'll try to clear the knee, push the knee across. They'll also grab you and try to pull you left and right. So one of the things you want to do is when I pulled you, see how he posted here? Post on me. Yeah. It's like if you're off balance, post on me. Post up, get your balance back. Posture.

01:45:57 Alan Baker

That's The beginning of the end. So if I get off balance, I am going to hit him with him. If he pushes my knee off, I am going to hit him with a knee back on.

01:46:09 Speaker 3

You know, when your knees on the body, you want your foot touching the ground. Same leg.

01:46:14 Alan Baker

Uh, it will on occasion. Uh, This will either be like a knee ride or a shin ride or shin on me across. Sometimes it'll be foot. How does that feel?

01:46:31 Speaker 2

A little more pressure? A little heavier?

01:46:34 Alan Baker

Okay. Little heavier? That's all I got. Okay. So that's okay, See how I can get sometimes look like come up a little bit. But he could shin ride too if he puts the shin bone like that. And right now we're doing a single. You know, I try to clear it, he'll post right on me, put his right back on me. Yeah. See you can switch it too. If I push it out here, then he comes in. You know, he may put that one in. Right? Yeah.

01:47:08 Alan Baker

So, uh, like five clean.

01:47:11 Speaker 3

Yes. Did you play this game? Yes.

01:47:17 Alan Baker

So you get to the point where anytime you have an off balance, Touch him because it's going to be a gar mono of some type or a strike of some type. I don't like punching because uh you can miss and hit the ground, but I'll hit him like this or I'll.

01:47:37 Alan Baker

Come back up on Monday.

01:47:43 Speaker 2

Check this.

01:48:07 Speaker 3

So, do you want like you were saying more weight? More weight that was all the way in the hand. I don't like putting that much weight on somebody. You know what I am saying? It's still too off balance. So, like when Brian, yeah,

01:48:30 Alan Baker

It'll vary in the game because uh.

01:48:37 Alan Baker

We we as grapplers we place, but this is a pickaxe. This is a pickaxe knee. All right, so I am it's an attack as well, right? So I am going to drive it in or I'll bounce it. Right, I still got a little bit of way here.

01:49:07 Alan Baker

Correct. Yeah. If if he doesn't break this posture, then I may, You know, go like, let's say, professional and go to a weapon system or whatever level of force calls for it. Or I just go. Um The only reason I'd be engaged is because I get drug into it, or I'm forced due to the situation to fight him and his buddy, which is one of the next drills that I have to put. Pressure on you and put pressure on him at the same time. So, that's another thing too, is like if I go to a side control position and I get engaged, my optics shrink. I am no longer watching all the eyeballs in the room. And, one of the reasons we do this is because if I am up here, right now I can see pretty much everybody. Even if I am banging this guy, I know he's pretty close to me right now. If I go down and hug you.

01:50:05 Alan Baker

Your world shrinks. And most of the time in grappling, we don't train to look when we get a dominant position. We should. You hit a side control, you should look around and know everything that's going on in the room. So, hey, this is actually perfect. See the cones? This is something we'll use at the academy is I'll put different cones against the wall. So the second you hit a dominant position, you should pop up and see all of it. Then you continue on grappling. You train to have objects, but they shrink the more engaged they get. And time slows. We've talked about that, right? If I am up here and I

am banging, it's exciting. Remember the first UFC? Everybody is at a bar and they're doing. And then the first time somebody went like this, everybody's like.

01:51:04 Alan Baker

Nothing's happened. Remember that? So, part of what bores people is the time slows down. That happens in grappling, you know. As a thousand-mile view, we study time. So one of the reasons I want to avoid it. Well optics shrink in grappling too and if you don't consider it, it shrinks even more. If you train maybe not so much, but most people don't and that's not good because there's always right, there's other people walking toward you. You should be aware of them, Another reason we don't want to go down there if they force us to grab them. So, everybody good with that? Keep going.

Question: Okay,

01:51:43 Speaker 3

So the reason you're not engaging down there is because I like this kind of for hitting the three seater dog because you're trying to get out of there or something about this house?

01:51:57 Alan Baker

Yeah, depends on the mission. Is Jen with me? Jen and Connor are here. I'm not by myself. But even at that point, I can't tell you how many I didn't have them with, but YouTube videos, you know, The dudes in the fight, and it's usually in another country and somebody'll walk up behind the other guy. And walk out. You ever watch those? They just get stabbed. Well, why'd the dude he's not even in the fight? But it's it happens right? Guy's not even aware of it. He feels maybe somebody's punching me.

01:52:33 Alan Baker

So, I mean, big picture. Unless I have to. Now like as a professional, my job is to go contain that person. So I have to do it. That's the mission. Um you know what do I want to give up? I look at it that way. Okay. Um so like as a protection agent, one of the reasons I don't want to go down there, too, is harder for me to monitor his belt line. It's also easier for him to reach mine if I am in a knee on position. You have to reach longer to get my weapon system. But if I go down into a side control, I am bringing my gun to you. And if I am all tied up with you and hands in grabber, how'd that hand get down there? But if I am on that knee-on position playing the game like Coach did, and he's like "get down with your head," I go "bro, can't have that." So I have optics, I have range, and I have access to my weapon system.

01:53:31 Alan Baker

If I am physically engaged with him, I lose a lot of that, and that's why we say you got to force it. So first things hand, the second thing is like framing. Sometimes he'll clean it off and just frame on it. So he's here. And so sometimes if I clean this off, he may frame with the jaw on me.

01:54:03 Alan Baker

And then he gets wrapped up. And if it's a quick one, this has more surface area and he's just going to frame. So what are my options not to go down? Right? So, we build the habit of either the hands or frame them and then pop back up. And so the second I clear, he may like one more than the other. Some of the guys want to do that move. Right away, look at the eyes. So I might put pads on the coach, so he has a set of focus gloves. So now I'm going to clean this off, force him to come down and land, recover, go back up.

01:55:02 Alan Baker

He's going to be swinging, so he's got to protect himself as he comes back up. They might be the next game. Whether he's there or not, You see how he right away, popped back up, and he's like has a habit of looking eyes are shooting. Um, that'd be the next game to play. See, I am constantly fighting not to go and not to engage. He has to earn it. And then we'll work down the scale eventually in the drills. He earns it, but even when we get there, I am going to fight. You have to make me grapple because I am on a different timing scale in striking. And if you can drag me into the quicksand, okay, I want to be able to do it, but that's like to avoid it if possible. You guys want to play that?

01:56:02 Alan Baker

Just be careful. You can put like metal pieces. Yeah, and you can do it here too.

01:56:10 Speaker 2

So I'm just gonna extinguish it.

01:56:16 Speaker 2

You Can use one of those.

01:56:19 Alan Baker

That'd be the first one.

01:56:34 Alan Baker

Then that. Oop, posture up. Look for the bag guy. Look at him too. Look at all the elbows in the room. Right? Look at that guy too. Elbows, elbows.

01:57:07 Alan Baker

This is a training suit, like ground. You can get it's your routing class, but it's a good one. Even, a lot of the guys will use the redman suits because it's a harsh environment. You know, they'll put on the suit; it's still terrible because you want the suit on. Uh, talk about body armor.

01:57:49 Alan Baker

Yeah. Yeah. Sometimes they'll put it off and you'll recover. But uh when you learn the knee switch and the knee walk, the second I'm actually he won't wait on me, he's going to be knee walking switching striking. Uh it's very difficult environment to deal with. See the smile on his face?

01:58:18 Alan Baker

So like in this game, I move, he recovers. Right? So he's not actually going to uh wait on me. He's just going to start uh knee walking. So that's what it looks like. It's like the second I put my hand, he's like boom! Switches switches! Like what? But he he's got good posture and I might try to pull. The better you get it, it's a very difficult environment yeah and his eyes are up. You know, that's actually this is one of the games we'll play with four man box. He's got he's got to be aware of the odds in the room. Somebody not step in and call it a black hand and hit you.

01:59:03 Speaker 5

So you're the trainer, I guess, or he's the trainer? Yeah. If it was switched, you'd first start throwing those knees.

01:59:09 Alan Baker

And things when your training partner comes in? If they're trained right. There's options for me too we're talking about here. So, uh, once he has this, um, if he has a knee, say he puts that foot back. He could drive that knee into me here. So, in other words, let's

say he drops the knee into the rib cage on the way up like that. He could put that in and then drive this knee into the thigh. So it is like a uh it's this move.

01:59:49 Alan Baker

So he might clip that in and then pickaxe me. So he drags it, hits my rib cage, and then when he puts it in, he's being kind. But you pickaxe me with it. Let.

02:00:05 Speaker 2

Me show you.

02:00:07 Speaker 3

Come on over. So uh. yeah,

02:00:13 Alan Baker

Which is a boom with him camping there.

02:00:19 Alan Baker

So, he has the uh directly uh. So his weight's here, so now he can hook smash next to the head, right? And so you can even that right. So if I go like this, oh, hook smash just signal it. Yeah, you don't have to actually if I turn into it, which is very common in switch feet, hook smash, knee hook smash, good stop.

02:00:50 Speaker 3

Alright. What's the next one? It's uh. okay. Go on. So it's possible my day will look like that.

02:00:58 Alan Baker

I'll switch out. So the next one is uh. come up here a little bit, I just don't want to smash that thing in your face. So if you help smash here, this knee can now lean knee down with them. That's the next one is the lean knee, alright? If you put this knee in. It can wing knee the thigh. It could be a direct knee or a wing knee from the side, like a sweeping motion. Different position, yeah.

02:01:29 Speaker 2

So are you okay with it? Sure. So driving move, yeah, yeah, okay. Wing knees to that guy?

02:01:46 Speaker 5

Oh man, I saw that guy. Yeah.

02:01:49 Alan Baker

So, the first is just being able to stay on top. Your game of survival. But you know, it's like coach got good at it. The next thing is as you're there, every move you make is an attack. Every time you place a knee, every time the foot moves, it's an attack on something. That's that's the next thing. You can uh play just gently on a dookie. This is terrible environment. You know not ever played this before.

02:02:20 Alan Baker

It's terrible. What just go wide open? Huh? Yeah, on the receiving end. You know, a lot of people will receive this too. You know, you come up inside and they're like. They don't go into fighting; they'll go into grappling early. They'll allow you to get.

02:02:50 Alan Baker

Keep going. So then he earns body engagement. I'll make it all the way down there.

02:03:04 Alan Baker

Right, So we look at what are the options from here? Same game, winging. Yeah.

02:03:13 Alan Baker

Winging lower body,

02:03:16 Speaker 2

The knees, chin.

02:03:24 Alan Baker

Sorry, Sir. You're good. Now, it's not that you stay. Sometimes he'll clean my knee off. It surprises me; I'll land there for that second, but then I am going to put something in on the way up. So he surprises me; maybe he pushes that knee off so I'll land there as if first knee, second knee, jar him up right? Then we're ready to go again and I have to be able to.

02:03:54 Alan Baker

So if he, I don't stay, but while I am there, it's to study about a continualistic force and an exit. Correct. Now during that he might hug me. I can't get up now. I am grabbing what.

02:04:13 Speaker 3

He's got already right? But, if you can get out of that side and get up off him, then you do something. And if you get up off your knee and on your feet,

02:04:22 Alan Baker

Yeah yeah You leave him, But it's developing the habit not to go to grab. The habit is to avoid it, and the habit is to stay on a different time. Yes, you have to slow this down. Yeah, you have to stop that. And you have to hug hug into an end. But I'm probably trying to put a tussle on. Yeah, well that's a different game in other words division changes.

02:04:54 Alan Baker

So now I got to turn him over and get access to his hands. I am just looking at it from a bite. Want to play a little bit? Just be careful, gentile, gentile, gentilations.

02:05:28 Alan Baker

Yeah, posture up. Cause he'll be trying to clear the knee. He'll be grabbing on. Right. You just switch knees? Like if you miss, right back up. Have the habit of getting back up at any moment makes it.

02:05:52 Speaker 2

Come on!

02:06:12 Speaker 3

Yeah, Good. So, when you're making a way to discuss this, I'm gonna show.

02:06:18 Alan Baker

Up for the leg right off. If I have a principal, I'm going to let the principal go to the principal like Jan or okay.

02:06:33 Speaker 2

Like Footworks Lawyers and I'm not thinking it was fake.

02:07:06 Alan Baker

It's A tough game.

02:07:13 Speaker 3

Especially if you're grabbing, your body gets an instinct to go down and let it be slowed down. If you have the option to go fast,

02:07:23 Speaker 2

Then you're flipping the deal.

02:07:25 Alan Baker

Yeah, your time's different.

02:07:44 Alan Baker

So I'm up in here. And I come down in here. We start to play. Yeah. Play head. So Tom's can do the Hulk. Yeah. See how the Tom changed? Huh? See how he's like behind right now? He's still grappling back there, right coach? Yep.

02:08:14 Alan Baker

Okay. So he's either defending or if he can smother it and force me into a grappling environment, like when I started grappling and hugging, it's not a bad thing. You want to know how to do that, but we want to know time change, right? As soon as I'm in a position now reverse, I'm on the bottom. He can force a smother on me. So I have to do what? Make space, Get to use my space and to get to a position where I can change time. We did that a minute ago, right? I can start throwing ballistic force from underneath. See how he got to his side? Was what you were thinking, right? I am going blade up. I don't know if I picked up that you were thinking a knee on that. Okay, uh, he had a knee shot there; he was getting ready change the game too. So if you trained in it, it's.

02:09:14 Alan Baker

It could be equally bad for me, but it's just having the ability to go between the two. Questions? Does it make sense? Makes sense. So another thing to consider: the coaches are standing here.

02:09:44 Alan Baker

He has one foot forward. I think it's this way. This is a visual representation. See, he just puts the shin in. Maybe you don't even come down, just stand up. Put one foot back. Imagine me trying to pull you down, you don't want to come down. Stand up. Be ready now right now right? It's easier to protect It's farther away from me. Are the things you can do to me here if my hands are busy. If I were to just hold on here, okay. So the next one is the kneeling position. You can probably still protect. I still have to come, right? I am arm wrestling contest against your body right here. Come on down that side control. Get rid of the knee. He's just broke Yeah, you are bringing it to me, right? Now still we got a fight for it, but you were bringing that closer to me period.

02:10:39 Alan Baker

Now you might be better than me, but it still doesn't change that. It's another reason for that process. I want to avoid whatever's on my belt line. So he comes down. I know where his hands are. Where's my. Right, it's reaching for the blade right now. Go back up on the knee. Is that. Oh, he picked it right. It's easier to see. So we know optics are better higher up. Kneeling, I'd rather be on my feet, but if he drags me in on my knee, I can see. I have space. If he forces me to come down, I'll lose my balance. I'm not staying there ; I'm going to recover as quick while I am giving him some heat. But and we do train: put the gear on and grapple for the gun. You shouldn't play that.

02:11:37 Alan Baker

Tactics. I'm not, I don't want to go there. Statistically, when I play this game, I'll lose my gun way less in the neon position. Way less. Then I put it on and go down and grapple with Dennis. He's a black belt, but how many 50% of the time? You know, I can feel it coming out of the holster. I got to put it down It's just the nature of the range, So, regardless of the technique, right? That's how I look at it.

02:12:24 Alan Baker

Does It make more sense? So we're.

02:12:30 Speaker 5

Going to do expansion.

02:12:36 Speaker 5

In the opposition, saying that, yeah, taking a weapon if you got it. Out with their weapons. Watching that counter- terrorist now.

02:12:47 Alan Baker

Right. I think uh like uh the body state idea is being expanded and I think good optics.

02:13:10 Alan Baker

You should have drills to train your eyes. Uh, first drill your central vision. You know, black hand drills. There should be something to track it. So, not. So a black hand drill is uh an example with the gun would be, you find the coach. And these guys are doing a hand drill of some type. And if I walk up and I do this, I should get a. See how they both look. They don't have to stop training, but their eyes will go right to what I call the "squirreling" the knee. See that makes me nervous. Anytime I even Alex or just his hand in his pocket, My eyes even peripheral pick that up because they got to do this in class, the black hand drill to me. So anytime you know that's an idea of a black hand drill. Another one would be their training and I might have a focus mitt on and I might come up and go like that.

02:14:11 Alan Baker

So, The major body English expressions of violence, they should be able to pick up in their peripheral. See how they both know, you know, because they've been in the environment ; there is sparring, everybody knows. So, I'll do this in class so that they have that reaction. So, your new guy would wonder why I am going to go like that. See, they both because they've done martial arts before. They ain't happy. You want that one too? They just see it. They just go, "Oh, I see it, coach." They don't have to stop training. I'll just walk around the room and they'll do it off the mat too. Like they'll stop in the parking lot and guys are like, "Yeah, makes you nervous." And so I'll get this.