



EXPLOSION: PICKUPS AND HOW TO TRAIN THEM

BY

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Technique: Morote Gari (double leg pick up)

In Judo, I'm known as a "pick up artist". Not the kind the gets the girl at the bar, but the kind that puts people in the air, so let me demonstrate one of my favorite takedowns, known in Judo as Morote Gari, in wrestling as a double leg take down.



1. I generally like to show moves off the worst case scenario such as here. I don't have inside control, but I am controlling the head. To stop my opponent from entering on me at will and to become more dominant I grab...



2. The wrist. Controlling the wrist in no-gi is like controlling the sleeve with the gi, it is very important after...



3. ...Maintaining wrist control, next I push my opponents hand into his body.
And in doing so regain inside control (you can control the inside from the outside).



4. I quickly switch from his left wrist to his right wrist and..



5.. ...shrug his head and arm to my right and in front of my body. We are both symmetrical; he's standing the same way that I am. The only difference is that I have all of the control.



6. Next because you have the control and the pressure on the head your opponent is likely to back out or become somewhat upright. As you see movement drop your right arm inside and jam your elbow back and up....



7. ...Into a powerful underhook position. Do NOT LET THE WRIST GO yet....



8. When you let the wrist go .. **YOU GO TOO!!** Square your hips up and take your pick, you can either shoot a single or a double.



9. I like to shoot all the way across the body for



10. The high arching double.



THE FINISH IS UP TO YOU!

Now I know you are saying, “That’s great, but how do I train for that?”

Well, very easy. You do what we call Body Weight cleans which are similar to an Olympic Weightlifting clean.

I won’t even explain, I think the pictures are enough. We do about 4 to 6 sets of 5 reps during a workout. When you cannot find a weight room or one just isn’t available, these exercises are great. Especially in a team setting. We use these on the mat with American Top Team.



If these are too stressful you can do these:



Rhadi Ferguson and JC Santana are the founders of Intocombat.com a strength and conditioning company that specializes in the training and preparation of today’s combat athletes. They are currently available for seminars and clinics.

More exercises like these are available on The Essence of Body Weight Training Products which are available at <http://www.intocombat.com>



VOL I & VOL II

The Essence of Body Weight Training: The Forgotten Workout, Vol. I and II
79.99



The Essence of Bodyweight Training: The forgotten workout VOL I (2002)
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The Essence of Bodyweight Training: The forgotten workout VOL II (2002)
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The Essence of Bodyweight Training Companion Guide (2004)
54.95

