



BULLETPROOF: Countering Leg Attacks

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I. Position and Anticipation - the primary defenses

A. Position – A balanced and strategic stance can not only enable you to react to leg attacks faster, but will often discourage your opponent from attacking your legs.

1. Key positions:

- a) Knees bent**
- b) Hands low**

- c) Level down
- d) Elbows in

B. Anticipation – recognizing a imminent shot, or a set-up to a shot enables you to start adjusting your position earlier and increases your chances of countering your opponent.

1. Signs that your opponent is preparing to shoot:
 - a) Backing up
 - b) Clearing ties
 - c) Level change
 - d) Stutter step

II. What should your initial reaction be when you think the opponent is going to shoot? Answer: Down Block.

A. Down Blocking – means that you block your opponent from penetrating your legs by dropping your arm(s) in the place of your foot being attacked, and you kick your leg(s) back and away.

B. Steps to down blocking your right leg:

1. If the opponent is starting to attack my right leg, and I sense it with enough time to preemptively counter it, I will kick my leg back and away (to the left) about 45 to 90 degrees.
2. With my right hand, I will punch the mat right where my right foot was and I like to thrust my forearm forward into him as he is coming in on his shot. If you do this softly, he will shoot right through your arm. It has to be with force to be effective.

C. Discouraging your opponent from taking an open double

1. Open doubles are particularly hard to defend once the opponent takes the shot because there is so much momentum associated with the move.

2. Sometimes you can drop your level and put your hands down on the mat in front of your legs and keep your neck balled. This makes your legs appear further away and harder to reach. Often, your opponent will not shoot if you do this when you see him setting his feet or taking a stutter step.

III. Sprawling when a shot to one leg is imminent

A. Sprawling starts a lot like down blocking...step 1 is identify which side is being attacked and sprawl away (45 to 90 degrees in the other direction.)

B. Successive steps:

1. Sprawl down and away
2. Backwards Seal walk
3. Knees up
4. Tip Toe
5. Take down ankle
6. Push his head down and away
7. Get behind his arm

IV. Sprawling when an open two leg attack is imminent

A. This sprawl is the toughest. I like these two options based on my strengths and abilities:

1. If a spear double is coming (head is coming towards my chest), I plant my right foot forward and step my left leg back as far as possible. I use my hands to pull my opponent up to double under hooks. I only like this option because I am very strong and confident with my double over hook series.
2. If a head outside double is coming, I pull the opponent down like a crack down position, I hook his waist with my left arm (this is my life line, so I can't slip!) I post my right arm on the

mat and lean all my weight over his head. The main idea here is that you can stop him from driving up and across by over his head. Then I circle backwards with little steps that eventually trap his arm against his head. When this happens I hip-heist down, and my opponent ends up on a single leg, square in front of me on his knees.

V. Common positions that people get in:

A. Single leg backside, whizzer – heavy hip, knee away, hip heist to a sprawl

B. High crotch, crack down – push him onto his head, hip heist to a sprawl

C. Single leg up – toe back, knee down, shoulder under his chin, kick out

D. Single leg up high – reach under your own calf to grab his thumb side of his hand, grab his other hand with your other hand, knee him in the chest and slip your foot down, proceed with “Single leg up” counter

E. Out the backdoor – pinch his head, lock around his body and arm, hip out and bump him down

F. Single leg flat on belly – high leg over, grab his elbow and pull on it quickly as you high leg