

**Chapter 7.4: Clinch/Takedowns****Technique: Single Leg Takedowns****Overview**

The single leg takedown is one of the simplest and most effective takedowns against a larger opponent. The theory behind the single leg is that you are fighting half of your opponent's weight, balance, and strength instead of fighting the whole opponent. In this lesson, we will discuss the fundamental principles of the single leg and then we'll show you how it can be used in combination with the double leg to create takedown chains for use against seasoned grapplers.

**Technical Slices**

## 1. Outside Single

- *Indicator:* Opponent is in a "closed stance."
- *Essential Detail:* Effective "train crash" during the initial impact.
- *Most Common Mistake:* Keeping the knee on the ground too long after the initial entry.
- *Bad Guy Reminder:* Make the dump more challenging with each successful rep.
- *Drill Orders:* Two reps, one knee touch and one standing entry, reverse roles.

## 2. Double Leg Connections

- *Indicator:* Opponent neutralizes the initial dump from the outside single attempt.
- *Essential Detail:* Conviction during the switch.
- *Most Common Mistake:* Waiting too long before making the switch.
- *Bad Guy Reminder:* Change your balance behavior with each rep.
- *Drill Orders:* Two reps, single to double and double to single, reverse roles.

## 3. Inside Single

- *Indicator:* Opponent is in an "open stance."
- *Essential Detail:* Snake the opponent's leg and get off your knee immediately.
- *Most Common Mistake:* Failure to drive forward prior to the dump.
- *Bad Guy Reminder:* Verify tight upper leg control throughout the technique.
- *Drill Orders:* One rep, reverse roles.

## 4. Ankle-hug Finish

- *Indicator:* Opponent avoids the initial takedown attempts from the inside single.
- *Essential Detail:* "Three-legged monster."
- *Most Common Mistake:* Failure to drive forward prior to the ankle hug.
- *Bad Guy Reminder:* Try to remain standing during the finish.
- *Drill Orders:* One rep, reverse roles.

**Rapid Mastery Drill: Level 2**

Start standing and utilize all takedowns in combination. Begin with no resistance and work up to moderate resistance as your partner's timing and confidence grow.

**Focus Sparring: Fight Simulation**

Start standing and close the distance using the newly learned takedown strategies. Once the takedown is accomplished, go to the ground and keep sparring. After each submission, restart from a standing position, and reverse roles after 5-7 minutes.

**Mindset Minute**

Individually, the double leg and the single leg are effective, but when used in combination, they're unstoppable.