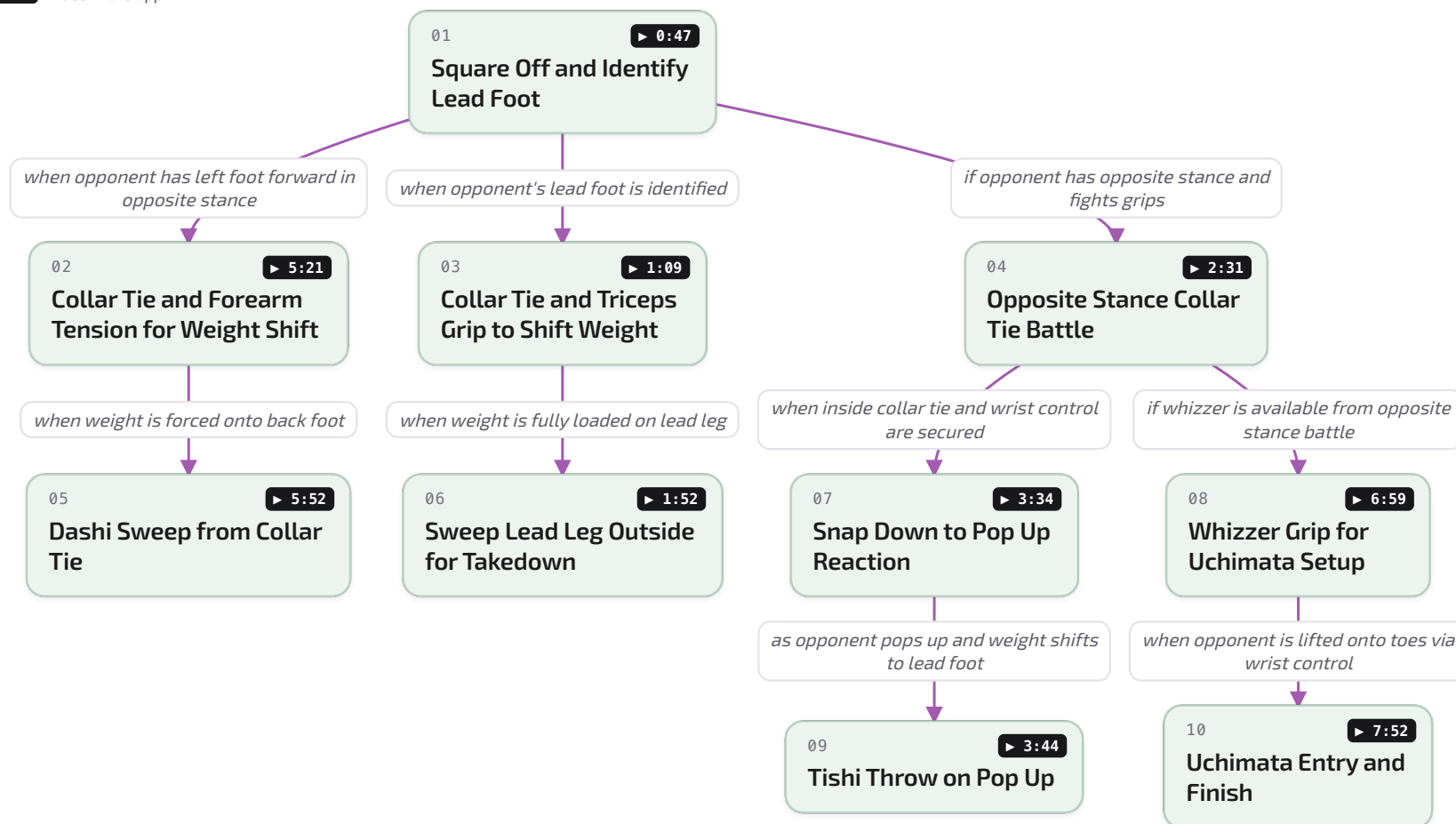
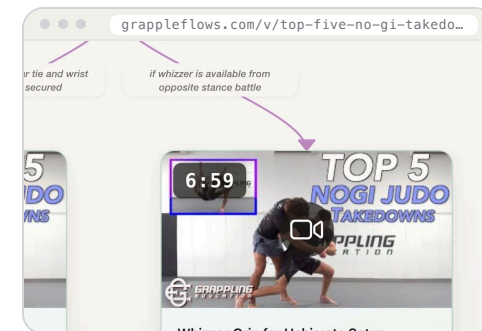


• BJJ TAKEDOWNS • 10 POSITIONS

Five no-gi takedowns from judo. Every reaction, mapped.

A system of five takedowns for no-gi grappling that minimize risk of front headlock exposure.

■ Action ▶ 1:48 Video in the app



On paper, the map. In the app, the whole lesson.

Every ▶ step opens its video at the right moment, with the full notes behind every box. Free to open, no account needed.



SCAN FOR THE LIVE VERSION
GRAPPLEFLOWS.COM

Study notes: Five no-gi takedowns from judo

Numbers match the chart. Arrows list each branch and the reaction that triggers it. ▶ marks a step with video in the live version: grappleflows.com/v/top-five-no-gi-takedowns-adapted-from-judo-dbaf13f9z

01 ■ Square Off and Identify Lead Foot ▶ 0:47

- Assess opponent's stance to determine lead foot and plan entry.
- Observe which foot is forward for right or left dominant play
- Maintain distance with arms extended to gauge reach
- When opponent's lead foot is identified: **Collar Tie and Triceps Grip to Shift Weight** 03
- If opponent has opposite stance and fights grips: **Opposite Stance Collar Tie Battle** 04
- When opponent has left foot forward in opposite stance: **Collar Tie and Forearm Tension for Weight Shift** 02

02 ■ Collar Tie and Forearm Tension for Weight Shift ▶ 5:21

- Use collar tie with forearm tension to sink opponent's weight onto back foot.
- Collar tie with forearm pressing against neck and shoulder
- Apply tension to force weight onto back foot
- When weight is forced onto back foot: **Dashi Sweep from Collar Tie** 05

03 ■ Collar Tie and Triceps Grip to Shift Weight 1:09

- Use collar tie and triceps grip to force opponent's weight onto lead leg.
- Collar tie on neck to control head position
- Triceps grip pulls arm across to shift weight sideways
- Combine grips to break posture and load lead leg
- When weight is fully loaded on lead leg: **Sweep Lead Leg Outside for Takedown** 06

04 ■ Opposite Stance Collar Tie Battle ▶ 2:31

- Fight for inside collar tie when facing opposite-stance opponent.
- Shrug shoulder to open opponent's elbow and gain inside grip
- Pop through to secure collar tie while controlling wrist
- Prevent opponent's hand from touching your hip
- When inside collar tie and wrist control are secured: **Snap Down to Pop Up Reaction** 07
- If whizzer is available from opposite stance battle: **Whizzer Grip for Uchimata Setup** 08

05 ■ Dashi Sweep from Collar Tie ▶ 5:52

- Sweep opponent's lead leg after shifting weight to back foot.
- Step in and sweep the lead leg at the ankle with rear foot
- Pull grips to amplify the sweep and drive opponent down

06 ■ Sweep Lead Leg Outside for Takedown ▶ 1:52

- Sweep the weighted lead leg from outside to execute the throw.
- Step in close with hips forward to reduce distance
- Sweep leg with rear leg at ankle or calf while pulling grips
- Rotate torso to drive opponent over swept leg

07 ■ Snap Down to Pop Up Reaction ▶ 3:34

- Snap opponent down to provoke a pop-up that loads weight on lead foot.
- Pull down sharply on collar tie and triceps to break posture
- Opponent resists by popping up, shifting weight to front foot
- As opponent pops up and weight shifts to lead foot: **Tishi Throw on Pop Up** 09

08 ■ Whizzer Grip for Uchimata Setup ▶ 6:59

- Establish a shallow whizzer grip to enable hip movement for uchimata.
- Strip opponent's grip and control the wrist
- Take shallow whizzer under armpit to preserve hip mobility
- Lift opponent's controlled wrist to bring them onto toes
- When opponent is lifted onto toes via wrist control: **Uchimata Entry and Finish** 10

09 ■ Tishi Throw on Pop Up ▶ 3:44

- Capitalize on pop up by executing a tishi throw using armpit connection.
- Slide hand under armpit as opponent rises
- Drive bent leg through opponent's legs and extend to flip
- Time the throw exactly when weight is on lead foot

10 ■ Uchimata Entry and Finish ▶ 7:52

- Execute uchimata by lifting opponent onto toes and reaping far leg.
- Step through with rear leg between opponent's legs
- Reap far leg with hamstring while pulling down with grips
- Rotate hips and torso to throw opponent over hip