

Woj Lock the World: Training Guide

How to get the most out of my ankle lock instructional.



CHRIS WOJCIK

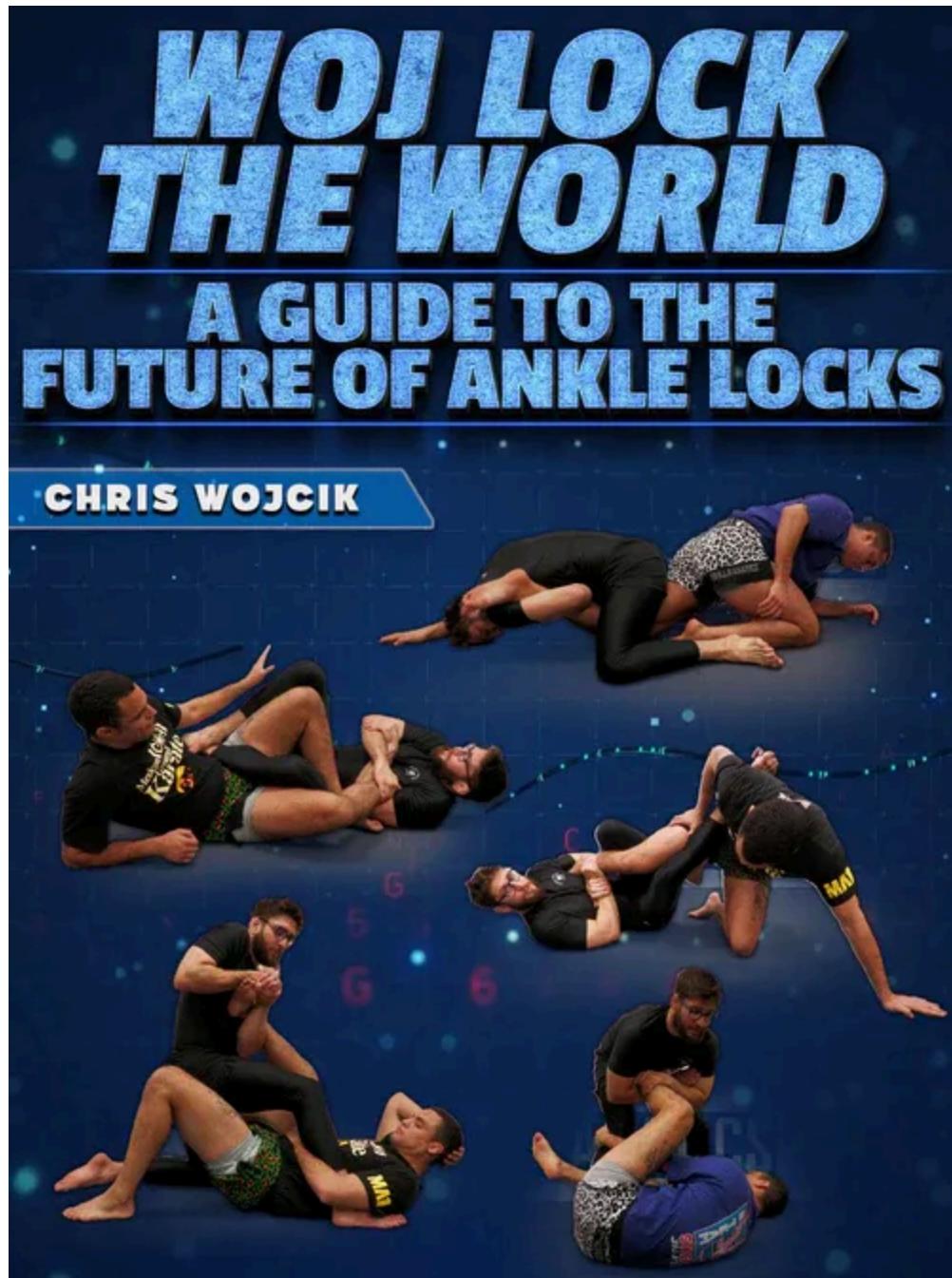
MAY 26, 2025 • PAID

7

1



Share

WOJ LOCK THE WORLD

Woj Lock the World has been out for about 6 months.

The other day, I released a new instructional, focused on open guard attacks.

Today, however, I want to talk about how you can get really good at leg locks real fast using the concepts, techniques, and ideas in the Woj Lock instructional.

Welcome to the Woj Lock training guide.

If you enjoy this style of article, please give this article a '❤️' so that I know, and I'll make sure to write another on my new instructional.

Without further ado, let's dive in.

First, let's talk about what my leg lock instructional failed to do.

The Woj Lock instructional needs a training guide because it is not a training guide itself.

It is a catalogue of techniques. It's a bunch of ankle locks, a detailed analysis and explanation of breaking mechanics, and it's got a lot of unique variations.

I taught a few concepts, and I explained how to improve your ankle locking skills from pretty much every position in Brazilian Jiu-Jitsu.

However, the main problem with the instructional is that it did not talk about heel hooks at all.

This was for two reasons:

1. I wanted to make it about ankle locks
2. If I added heel hooks to the instructional, it would have been a 4-6 hour instructional.

Because my instructional didn't include heel hooks, this training guide must discuss the key ways that heel hooks work with ankle locks.

Ankle locks and heel hooks are very closely related. When attacking an ankle lock, the defensive reaction your partner gives you will very often lead to a heel hook. The inverse is also true.

I talked about this idea briefly in the instructional when explaining the “Woj-Lemn but for the most part, I didn’t get into it too much.

This is in part because in the future, I’d like to do an entire instructional on the heel hook game.

But that’s for another day.

How to train leg locks effectively.

The first section of this article is basically a long-winded way of saying that when you train leg locks live, you need to train with heel hooks in mind just as much as ankle locks.

Another idea to remember is that it is generally easier to go from an Achilles grip (ankle lock threat) to a heel hook (where you release the Achilles grip). You can certainly play with both together, but it’s important to remember that ankle lock grips are generally easier to get for most people than heel hook grips.

Ankle locks are the less technical cousin of the heel hook.

The process I recommend you use to train leg locks is as follows:

- Drill the specific leg attacks you are aiming to implement a few times with little no resistance to understand how the breaking mechanics work
- Focus your drilling on the **3 main aspects to leg attacks** (in the next section)
- Micro-drill the submission you are working on so that you can improve your technique and your bite on your opponent’s leg
- Live train locks from each other's **11 main leg locking specific rounds** (listed below). Do these rounds with opponents of varying skill levels. Tap early.
- Do open rounds with less skilled opponents with a focus on leg attacks
- Open rounds on higher-level opponents with a focus on leg locks

- Full live training

This is what the process should look like.

The 11 main leg attack rounds and the 3 main aspects of leg locks.

Here are the main specific training rounds that you should do to improve your leg locks:

- Outside ashi vs. seated opponent
- Outside ashi vs. kneeling opponent
- Outside ashi vs. standing opponent
- 50/50 shoot-out round
- 50/50 vs. kneeling opponent — opponent tries to stay in the pocket
- 50/50 vs. kneeling opponent who aims to escape the entanglement
- 50/50 vs. standing opponent (if you want, you can skip this and just aim to stand when you look to escape the entanglement)
- Inside ashi (reap) vs. seated opponent
- Inside ashi (reap) with an Achilles grip vs. seated opponent (WARNING: very strong and you will get tapped a lot from here)
- Cross ashi (saddle) with both legs controlled
- Cross ashi (saddle) with only one leg controlled (you can do this round off a false reap entry if you'd like as well)

Now, let's talk about the 3 main aspects of leg locks that work with an image from one of my recent competition finishes at PGF to help illustrate the concept.



1. **A strong bite around the ankle.** Whether you're attacking an ankle lock, a toe hold, a heel hook, or anything else on the lower body, it's essential that you have strong bite. In Woj Lock the World, much of the course is devoted to helping you master the bottom 3rd of breaking mechanics.
2. **Hip drive and upper body rotation.** In this leg lock, I'm using a drive with my hips and a rotation with my obliques to attack the ankle using my entire body, not just my arms.
3. **Hip control.** Whether you're playing outside ashi, 50/50, saddle, or any other leg entanglement, when attacking the leg, you need to control your partner's upper body.

A leg lock that breaks the leg has control with your arms around the leg, control with your legs by the hip (to prevent spinning escapes), and a strong drive from your hips.



Closing Thoughts

If you can get good at leg locks, you can beat people who may have better Jiu-Jitsu than you.

I've used leg locks to kind of build a career for myself.

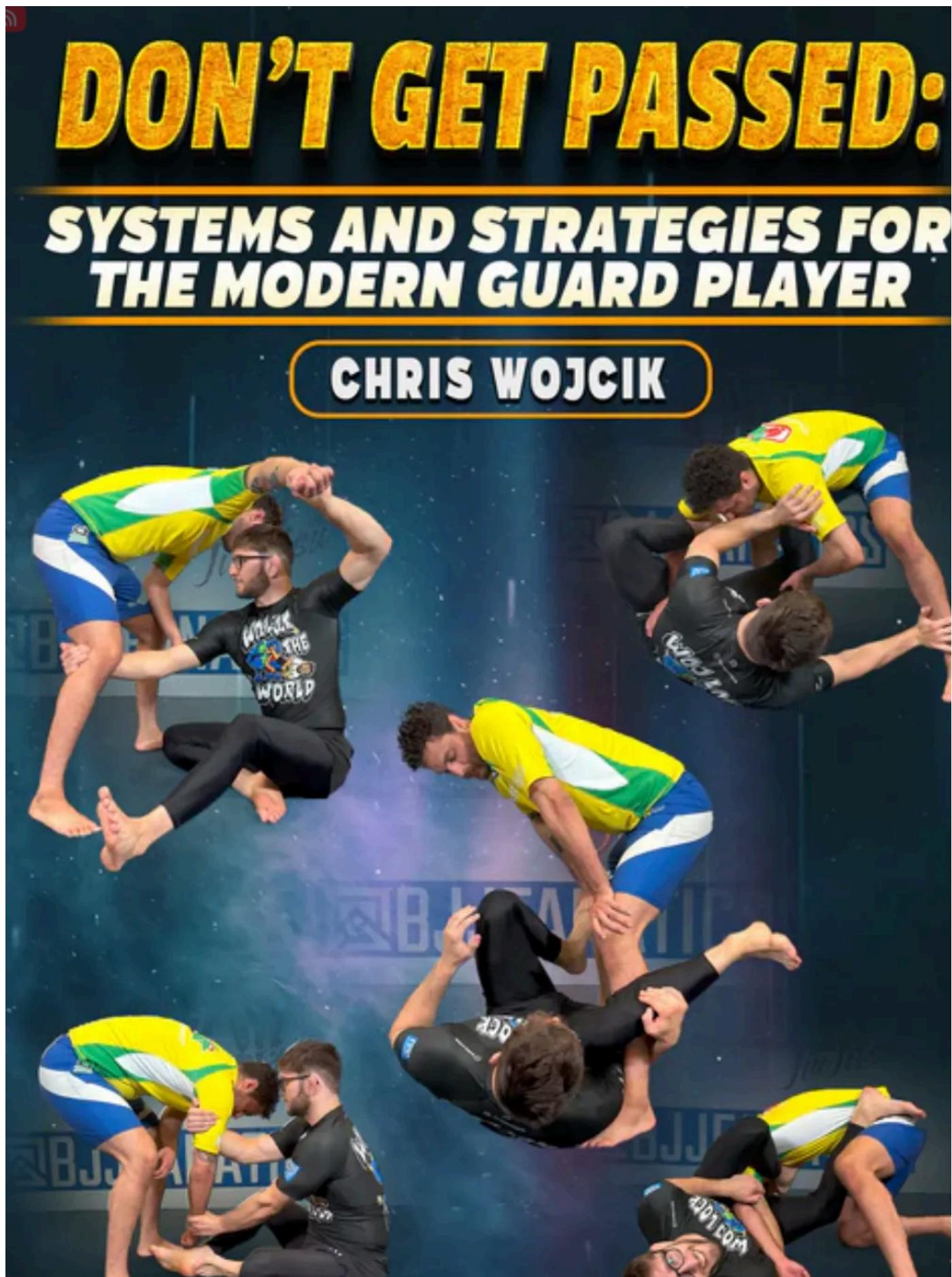
I've beaten people who are bigger, more athletic, and more accomplished than me – all because I've worked on my ability to submit people with a very high percentage from a few very specific positions.

My intention with Woj Lock the World was to create a guide to the future of ankle locks — a tool that you can use to also beat people who are better than you.

My intention with this article was to provide you with a resource that you can use while watching the instructional and more specifically, after watching the instructional. It can be difficult to watch a technique or series of techniques on video and then try to use it on resisting opponents.

You need a process.

And with that being said, I want to talk about my new instructional, *Don't Get Passe*





Don't Get Passed

Unlike most instructionals, which are very technique-oriented, this instructional is very conceptual, very process-oriented, and was designed to be used as a training manual.

Every piece of instructional material I create going forward will be in a similar style designed not just to show you moves, but to help you learn them.

Right now, BJJ Fanatics is running a Memorial Day sale, meaning you can get this instructional and Woj Lock the World for the same price.

[Use the code MEMORIAL2025 at checkout :\)](#)

Thank you for reading another edition of The Grappler's Diary!

If you enjoyed reading this article, share it with friends! Or, click on the ❤️ button on this post so more people can discover it on Substack!



7 Likes

Discussion about this post

[Comments](#) [Restacks](#)



Write a comment...



Kyle Shepard Resilient Mental State May 27

Liked by Chris Wojcik

Hell yeah Chris. I recently bought Woj Lock the World and this post has motivated me to disc~~c~~ watching some bum named Marcelo Garcia so I can dive into yours.

Also looking forward to your new one as I'm big on both teaching and learning concepts and t weaving in techniques that match someone's game, skills, or attributes within those concepts

LIKE (1)

REPLY



© 2025 Chris Wojcik · [Privacy](#) · [Terms](#) · [Collection notice](#)

[Substack](#) is the home for great culture