

Metadata: <https://www.youtube.com/watch?v=iUT45y8aCLw>

Hi, my name is John Danaher. I'm going to teach elements of my leg lock system, which I taught to a group of talented students that I had in New York City and which they used with spectacular success in international level grappling. My intention in these videos is not simply to offer a collection of techniques. The world is full of instructional videos where a talented teacher or athlete shows a collection of moves. My intention, rather, is to show a holistic approach to leg locking that takes an athlete from the very beginning of an engagement, from the time of slapping hands with an opponent, all the way through, hopefully, to a successful submission hold. You're going to learn that there's a sequence of steps which encapsulate both techniques and tactics, which go in predictable fashion, leading from a neutral start to a decisive conclusion.