

Metadata: <https://www.youtube.com/watch?v=EybnA8rZzFo>

Outside heel hooks are one of the more versatile submissions in jiu-jitsu. One second someone can be trying to pass your guard, and the next they're falling back on an outside heel hook. Or you find yourself in one of the more dominant positions of the sport, only to find your opponent escapes right into an outside heel hook. And these leg positions are very dynamic, so as you defend one leg they can switch to the other. Or as you frantically try to escape an inside heel hook, they switch to an outside heel hook. So in this video we're not going to be talking about ballerina toes or things like that that you can do to make it difficult for your opponent to get a good catch on your heel. If you're interested in that, there's a lot of good content out there. But our goal in this video is to first understand how to defend against irumi ashi, inside ashi, and outside ashi in isolation. But in reality these positions aren't used in isolation, they're used in combination to get the finish. So our ultimate goal in this video is to outline a game plan when we're defending against this classic transition from irumi ashi, to inside ashi, to outside ashi. If you're really confused by that intro, you should consider subscribing and checking out the Leg Lock for Dummies series. And if you're looking for another way to support the channel, you can always do so through Patreon. Now let's talk about how to defend some leg locks by relating it to something that we're familiar with, such as an armbar. An armbar is effective when we're able to pull our opponent's elbow past our hips. This allows us to use our hips when we're trying to put breaking pressure on our opponent. However, if our opponent is able to create a situation where they slide their elbow out and away from our hips, then at that point we've lost the armbar. So if we apply the same idea to escaping any leg entanglement, we know that if our knee is inside our opponent's knee line, they have the ability to use their hips and bridge into our knee, making it a very effective submission. But if we can find ways to free our knee from their knee line, then we have effectively escaped the position. So now we're going to talk about different strategies to achieve this from various positions, starting with arumi ashi garami, or as most people know it as single leg X. Typically this is used as a way to just enter into the legs and get the party started. But it definitely can be an effective finishing position if we don't know what we're doing, and hopefully after watching this section you'll have an idea of what to do. So if our opponent wants to pursue an outside heel hook, what they're going to try and do is throw their outside leg over as a reap and expose our heel. So from a defensive perspective, our objective should be to get control over that foot and clear it from our hip while we ultimately free our knee from our opponent's knee line. Now again, these positions are very dynamic, so we just saw it from a standing position, but it can also be from seated, but the goal remains the same. We're monitoring that outside leg and clearing it from our hip, and from there you can choose to disengage like we saw before, or you can enter into a leg attack of your own. Now inside ashi is the position we get to when we screw up the first part and they get that reap leg across. So now from here what we don't want is to spin while our opponent's leg is behind our knee, because this slows down the pace of our roll and they're able to apply pressure the whole time, which will often result in a finish. So if we lose the first battle and that reap leg comes across, it's now going to be the second leg that gives our opponent the ability to finish us. So our attention should go to addressing that second leg. Ideally our opponent is never able to hook behind our knee with their second leg, and then we can get a hold of that second leg and work to free our knee from their knee line. Now the third and final position that we're going to talk about is outside ashi, and this position is a very strong finishing position, but for this video we're going to assume that they don't have a catch on our heel. So we're in outside ashi, but we're safe for the time being because they don't have our heel yet. What we don't want is our opponent to be on their elbow. What we want is to bring them down to their shoulder, and we'll often achieve this by having to use our hand and our foot on the ground. Please make sure that you understand this and that you're putting the correct shoulder on the ground, because if you do it backwards, you're gonna give your opponent very easy access to your heel. So now we're in outside ashi with our opponent's

shoulder on the ground. Now Gordon and his team are really good at doing things like inverting underneath and going in to re-attack the leg, but when we start putting their shoulder on the mat and they dig for the heel, they're showing their back to us, which can lead to things like arm triangles or even back takes. Now one principle that is very relevant when defending every sort of leg entanglement, and especially from outside ashi, is the use of our second leg. Often we use our second leg to push off of our opponent's hamstring, while we bring our other leg towards our chest, which will ultimately free our knee from their knee line. Now a great way to counter outside ashi is to throw our second leg over our opponent's body. Now we can use that same mechanical force of pushing with that second leg while we pull our other knee towards our chest. But first things first, from outside ashi we get their shoulder to the mat, then we throw our second leg over and use it to push while we pull our primary leg back towards our chest to free us from the position. Then if we choose, we can start to work leg locks of our own. So now that we understand how to defend these three positions in isolation, now we need to understand how it all comes together. First our opponent is most likely going to enter our legs in a rimi ashi gurami. From there we should be monitoring that outside leg, making sure they can't reap and go into inside ashi. But if we screw up and they get to inside ashi, our attention should go to the second leg so that we can open up space and free our knee. Now if we're too late with this as well and we end up rolling through to outside ashi, they're probably going to have control of our heel at this point. So we're going to do things to free our heel and keep us safe. But once we've achieved that, we're going to put our opponent on their shoulder, we're going to throw our second leg over, and work our counterattacks. So hopefully this helps avoid some outside heel hook attacks because like we talked about, outside heel hooks can happen from any position and they often happen very quick and in dynamic situations. But now hopefully you have a general guideline as to what you're trying to achieve from the different positions. I appreciate your support and I'll see you in the next video.