

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

All right, guys, so let's do some foot locks from the single leg X, okay? Single leg X. This is a very calm position. Okay, it's one of the positions that I like to do the most. And with our new way of approach the foot lock, let's try to get some of the techniques, okay? So first thing I'm going to do here is try to kind of move a little bit. Keep controlling the knee. So when I'm controlling the attack, I drop him a little bit so I can kind of get the foot. Push him away, and I securely get the toe, and then I go for it, all right? So this is very, very effective. So most important thing, create tension. You can see, first thing when I have the single legs is to trap his knee. When I trap his knee, he's kind of more under my control. Now, as I'm holding my knee, as I turn, see that? I want to put my knee, my thigh, around the band, too, so he has less mobility. Try to move here. See, it's very hard. So I go, catch him, I go towards him, bend my knee, bend my elbows. Now I pull the elbow with my left. That's right, I pull the heel with my left elbow here. It's out, okay? And one more time, if he turns, turns, tap, the foot is going to be mine, all right? So that should be the stance, so people can see. Secure him, lock, load, go for it. See, this is the catch. I don't bring him to me, I trap, and I go towards him. The other leg, tap, and it's on. The pressure is massive, okay? So from now on, instead of going here, try to bite the heel, okay? So I'm here, control, palm, and if he rolls, look at that. It's on, both ways, okay? There's not much that he can do. So one more time, this way, yeah, this way. Secure, lock, go for it, trap, okay? Go for it, turn, so my upper body stays, see that? Hip, create the tension, go for it, then go for it. All right, if he rolls, ready for the leg, and then I have the kneebar straight away. One more time, this way, look at this leg. Knee, toes, go for it, bend elbows again. This is very important, guys. Keep this on, look, like a real naked choke. Turn, tap, if he rolls, look at that. Tap, no chance to escape. I'm already setting up the heel, with the kneebar already straight away. So, very important concept, okay? Create tension through the whole process. Push the thing, the foot away so the guy cannot have mobility. Go towards the heel, bite the heel, lift the bend of the arm, join the elbows together. There's no way that he can kick this out. If he rolls, you just take the leg on the bottom, and you place the kneebar, all right? Let's go.