

Metadata: <https://www.youtube.com/watch?v=8Wum2xWu8b8>

Defending the Esteem-A-Lock, okay? So, really, your foot should be on the outside, like my heel should be on the outside of the hip and foot on the inside, if I aim anywhere near here. And if Ed tries to do the Esteem-A-Lock here, it's not gonna work. It's only going to work if he can move my foot like a little more to the middle of the stomach, okay? So my heel kind of comes towards the inside, right? That's where he can start to potentially set this up. All right, so we go back. First off, your foot positioning should make it difficult, but Ed might be kind of playing with that, trying to adjust it, all right? When he's doing that, this lets you do those spins towards K-Guard or potentially 50-50, okay? And when you spin, you unwind his ability to actually apply any pressure. So usually, if someone goes for the Esteem-A-Lock, obviously, if they've got it on, like if it's too late, it's too late, and these things come on quick, but as he's trying to do that, you should be very recognizable. If I start to spin, he's already too late here, okay? I've turned too far, and notice it's that spin where I take my Reverse Delahevo Hook out, because this would actually, so if you're going for it again, this would actually keep me kind of locked in, and it would be bad if I was trying to spin through the middle. He might be able to finish that. But if I take my, sorry, go again, I take my Reverse Delahevo Hook out, I now spin him and able to attach to his leg, right? Or potentially, the same thing. We're back here, so if I spin, I could potentially shoot back through for 50-50, okay? So if you retract your leg, you should be able to turn enough with them that while they're trying to set it up, you're actually making it a much more favorable transition for you.