

Metadata: <https://www.youtube.com/watch?v=F5rdV0PUuDc>

I'm a big believer in the idea that someone can come into your life for a very short period of time and have a massive influence. I truly believe that. In my case, it was a great American grappler called Dean Lister. Dean Lister was invited by Matt Serra to come to the Henzo Gracie Academy. He came to the academy, he rolled with some people, and he was doing Achilles locks and getting some success. He was doing something which was unusual. I talked with him just briefly after class, and I said, you know, it's interesting what you're doing with these Achilles locks, because I don't really do that at all, it's not something I do. And he said one sentence, which completely changed my outlook, he said, why would you ignore 50% of the human body? One sentence. Why would you ignore 50% of the human body? In truth, the leg lock game is not new. It's been around since the beginning of the sport. However, it was always seen as something of an outsider's game. There were a few outstanding individuals who had success with leg locks. But in the main, upper body submissions completely dominated the sport. A few years ago, a set of students who I trained in New York City out of the Henzo Gracie Academy came to change people's perceptions about this. For the first time, instead of seeing a few isolated individuals having periodic success with leg locks, you had an entire team of talented, hardworking athletes employing largely the same techniques to dominate all the way up to world championship competition level. For the first time, you saw people with completely different body types, different personalities across a wide spectrum of game plans, styles, etc, employing what appeared to be a system to push their opponents into a leg lock exchange, where they had a massive knowledge advantage over their opponents and could almost always get through to a complete victory. My goal in this video is to introduce you to this system. The peculiar attribute behind it was that these students of mine learned the system in a relatively short period of time. Perhaps the most shocking thing was not only that an entire room full of people could employ this system so successfully, but the short amount of time it took them in order to be able to do so. I want to be able to take the same teaching methodologies which I use with my students and show them to you now in this video. Thank you. Thank you.