

Metadata: https://www.youtube.com/watch?v=z_OU2ipYhRs

Alright guys, the first entry that I'd like to talk about specifically is going to be the sliding foot lock. So this is exactly, this is a standing version, Josh, of the following, of this. Sliding in between your opponent's legs, lifting your hips, principal hook is going to be your heel on their hip, second leg, your knee is coming in the center, your foot is going on the other side, not the near side because it's going to tend to get cramped. Expand your body and drive off the ground, your core has to be engaged, so the standing, we're going to do that again for a second, so if you're a standing person, I'm going to hold both knees, scoot my butt as deep between my opponent's legs as I can while keeping my right knee, my inside knee between us as a shield the whole time, I don't want both legs dropping because they can fall down and mount me, I hate it if that happens. This knee stays up, second foot comes onto the hip, allows me to climb and I elongate my body. So, there's always structure between me and the floor, driving off of the ground with my core tight, like flexing my abs, so if someone were to like backhand you in the gut, you wouldn't lose your breath. We're going to do this on the feet real quick, I need to be a little bit quicker, you're always going to have like more dynamic, faster movements on the feet simply because the other guy's able to move much more quickly and get out of the way, but if we, do you want to face this way, Lloyd, that's where we can, thank you, so I'm traveling right between Josh's feet, so we'll just take a bicep tie and a hollow tie, I'm sliding in, lifting my hips, one, two, three, I can't pistol squat as well as I'd like to right now, so I'm falling backwards a little bit more, we'll get there on the ACL recovery, so let me do the other side right quick, just sliding past me to the extent possible, so we're going to the hip, expanding, what I want to try to do is limit my falling right in front of you, the more I can treat this as a throw and send you over and past me, the better, so one more time, head more, ready to speed, I'll press, and I send him away, this also tracks with everything we've gone over so far, which is get this dude's weapons somewhere else, man, someone's pointing a gun at you, how does it feel, like everything's somewhere else man, like move it, or you move yourself, right, I would hope so, so anyway, what I'm doing is again, I'm dragging him forward as I slide underneath, knee shield stays between us, second leg prospects, got him, lift my hips, and that's my sliding foot lock entry, you're going to see this all over the place, with that fundamental through the legs movement, this is going to be absolutely incredible.