

Metadata: <https://www.youtube.com/watch?v=n3nOMUqsLIw>

Alright guys, so now we're going to take a look at the knee lever to a leg lock. I love the knee lever a lot, it's like my favorite thing now, it never used to be, when I was competing I never used the knee lever, not one time in my life, right? Now I use it all the time, it's like probably the thing I, in the rare occasion that I train that I use the most and it definitely makes people reset every single time, like what happens it makes it impossible for people to pass my guard on their knees, it feels impossible to pass my guard on their knees beforehand, but now it makes it really, really impossible because every time they come forward, try to get chest to chest on their knees I could just off balance, but there's also a leg lock from there, alright? So now, let's say, the good thing about this with the knee lever is when your partner comes forward and they start flattening you out, okay like let's say they get the underhook, what I want to make sure I don't do is let this happen, I don't want this, because if this happens I can't get it. So here's what I want to warn you guys of, don't give up both underhooks, don't give up the near side underhook, don't let your partner get their knee underneath your armpit, get your knee underneath, I literally have no offense now for my half guard, even if I have the underhook, I have no offense right now, I mean I can come to a knee and kind of knee wrestle over, but like this really sucks for me, okay? So always keep that very close to you, even if they get the underhook, okay? I'm looking to have this hand in between the legs, so most likely my partner is going to come up and they'll start flattening me out, okay? Now, what I want to think about doing, foot over foot, pull my other foot as close as I could to my partner's LCL, get my hips underneath. Now the great thing about this, my hands in here, as soon as I off balance, I'm going to turn my knees together in this position, now usually from the knee lever, I have this arm out, this arm is out, but I have my arm trapped right here, so when I turn, look, they're giving me exactly what I need. Now if you want to like have a little like cheat code, what you can do is you can bring this foot out to your partner's outside of their cap right here, because now when they go to sit up, they're already spurred open, right? They can't really do much. From here I can pull this foot back in if I want, bring this foot back over, the position that we've seen so much, again, if my arm is out and I'm able to get this hand in the armpit, I'll still be able to get this, because their whole body is tipping, right? So this leg is actually going to lift up. So as it does, it'll be my opportunity to come underneath, and if I can come lower, do so, again, partner has me here, he's hugging me, he has me very, very close, look, if you can get this arm in here, instead of coming to the armpit, come right here, you're going to be able to do it often. Guys it's going to be easy, look, foot over foot, the main reason you're losing the knee lever, you guys are not keeping your knees together, you're coming like this way, right? Your knees have to stay together, but I also can't get the knee lever if my hips are out, so we're always taught to have our hips out. If your hips are out, you can't get the knee lever. This is one of the rare case scenarios where you have to be flat on your back, alright? Your back must be flat, and you must be underneath your partner. When you turn those knees down, you get that leg immediately. Your partner is almost looking like an electric chair, right? Like you're in a really bad spot right now. From here you can bring your foot right to the hip, start creating space, you're latched onto that leg, and you start going, alright? Catching that heel. Give it a go.