

Metadata: <https://www.youtube.com/watch?v=D6F9UaA5dVU>

All right, so now we're caught in the reverse lock down. Same basic premise, partner comes over and under. If we look at the point of lock and the point of opening, it's this way. So this makes it easier for us to windshield wipe here. Now, let's say my partner doesn't have big feet and they allow us to windshield wipe. And when I stay low, my knee wants to start pointing towards the crotch. I'm going to bring my other knee forward while I swiftly windshield wipe out here. Once I do, all right, I want to get my partner flat on their back by bringing my knee to the hip. Now you can even lock your legs on top, making sure that they can't get back to the lock down. Again. Same thing, I can't come forward with this, all right? You can actually start teeing your partner in this position here and just pulling that leg in, okay? But notice my hips are away from my partner's hips and my partner's feet are big, okay? I can't pull it out this way. You could tee your body, bring your foot down to their foot and start pushing their foot down. While you pull yours in. Again, you're literally foot fighting instead of hand fighting, you're foot fighting. Look what happens, I come above the knee line to get her back semi-flat to the mat. So I don't want her to be able to post this knee, all right, or post that foot. So I get her feet off, I get her knee off the mat here, okay? I keep very tight, almost like I was doing a knee lever. I kick the toes off and you could figure for your feet immediately. All right, if there's not really any leg attacks that you could hit from here, what I would suggest you do if you know your partner likes this game, okay, as soon as you free your foot, post on a hip and start stepping one leg up. Because once you're here, there's no more lock down. Okay, one more time. Partner has this reverse lock down. You can come underneath the head too if you want and just tee this way. But anytime you're here, you have to watch the straight arm lock. If you're here, your partner, I have a guy that's really good at this, so I don't even under hook underneath the head anymore because anytime I do, he goes for that arm lock, I keep this very low and I try to under hook at the hip or I try to stay over completely, swiftly. Look, as you winch your leg, kind of pull to your butt too, up and out. Up and out. If you can't, pinch, post, through, lock. Okay, now, the problem is with this, if we tried to pull our knee through with that lock down, she has this here, I just can't go anywhere. I'm kind of giving her what she needs. All right, so many people, they stay fighting in this position, I don't get it. You know, or they try to fight this knee through. Guys, it's literally just another thing we could do, we could bring our foot behind our foot. So let's say we can't winch or wipe it out. Our partner's foot's so big, we can't push it down. Bring your foot behind your foot and pull. All right, again, foot behind foot, pull. And from here, we're in the proper position. All right, give this a try, my friends.