

Metadata: <https://www.youtube.com/watch?v=M6ahPy3t4b8>

All right guys, now we're going to be working another counter. My brother used this really great in the ADCC. This one's going to be coming from when our opponent is attacking at the 411, right? Almost looks like a cap slicer. Come here. So our opponent's attacking, right? In this situation, it's not the best situation. Pull, try to attack the cap slice, right? This is kind of like a reverse cap slicer. Go ahead and reverse it. This is the generic one that you see a lot of guys doing nowadays, right? This one hurts. Switch to the other side. Coming into here. It's kind of like a 411 cap slicer hybrid, right? This is something that Mikko was trying on my brother at the ADCC. And in this situation, normally whenever your opponent's legs are locked and they're delivering power down, right? You want to prevent that because that's what's making the lock tight. So we're going to dissect the lock, right? So number one, hold at the heel, right? That's going to help create some more space and release some of the pressure from the submission, right? And now once we get to here, what we're going to do, I'm going to stuff my knee in, right? And I'm going to get to this hip right here. That way I can start to work on this outside heel hook, right? He's going to be sitting up trying to attack this. What I'm going to do is grab the heel, right? And pull, pull, pull, right? Just grabbing with my hand. Pull and now I'm going to set up the heel hook grip, right? Just by getting it in right here. If I can, I'll pull all the way to the other side for more exposure of the heel, right? In this situation, he thinks he's got the calf slicer and that the heel hook is not that tight. However, as soon as I get the switch grip right here, I'm going to switch with my blade going down the side of the heel and then I'm going to relock dropping my armpit down. In this situation, 10 out of 10 times, 9 out of 10 times, I'm going to be able to eat the calf slicer, drop my elbow and finish the outside heel hook from here. The outside heel hook is a lot tighter. It's more acute pain and it's definitely a lot more effective submission compared to the calf slicer. So from here, he put us in a submission and we're basically pulling out both of our guns, right? He pulled out one of his, we're pulling out both of ours, right? So boom, we're in this situation, he's going for the 411, the calf slicer, right? What I'm going to do, boom, pull up, right? Reach back, get the lock back to this side. That way I have more room to work over here, right? Now, once I'm here, I'm going to switch the grip, right? Now, relock, keep this tight, right? The tighter, the better. Your opponent's going to be trying to finish the calf slicer. At this point in time, I'm going to throw my left leg up onto the hip, right? Take my elbow off the floor, and fully commit for the heel hook. 9 out of 10 times, you're going to be able to beat your opponent because this is more acute and it's just a more effective submission in general. Not only that, but when Ty does attack this outside heel hook, it's taking so much power away out of my calf slicer because why is that? Go ahead and let go. I need this right leg, sorry, I need this right leg here to cinch down in order to finish the calf slicer, right? I need this to pull down and retract as I pull, right? And even from this angle, like Ty said, this is like a bit more of the 411 or whatever. To do it right, we like to lock on the outside. However, this is the way that my opponent set it up in the match. And so this is how I counter, boom, boom, right? Remember details, you can use the middle finger in the crease of the knee to pull the knee in, right? That's going to help expose the heel. You can also push. That'll also help expose the heel, boom, grab it. And once we're here, re-lock, all right? Basically, it's replacing the blade of our hand with the other one. And then I'm re-locking with the elbow, pinching in tight. Now from here, drop my elbow off the floor and my heel hook should beat his calf slicer. You got any more details you'd like to add? I pretty much covered it all. We'll go for a pre-tempo.