

Metadata: <https://www.youtube.com/watch?v=fSLmSZ8bv-0>

This technique I call a zigzag. Not too many people know about this. It's been a school secret for many years. We started teaching a seminar here and there, so we used this a lot. And now I just like to give it to you guys. It doesn't look different what I'm doing so far, but it gives you a lot of different ways when you start learning it and how to do it. And your opponent will tell you the difference, you know. So, the straight leg lock here, we call a zigzag. So, when we lock this on here, the arm is here, my hand goes under, grabbing my own hand, and I'm grabbing my own hand here. So, watch this here. My body goes sideways here, then this is the painful heel. So now, watch my leg. It can be here, alright? It can be here also. This is very important, this part to hold the leg lock. But let's try this. I like this because it's more guaranteed, this one here. I lock it here, and watch this here. First, watch Sergio's reaction here. This is straight leg lock, like normal. And watch his reaction here. You see, when you grab this, and you twist it looking at the side and going back, that's what they call zigzag. You don't have to hold this, you can do it like this too. Just go grab your own arm, and here, like this. You see here? So, very, very bad leg lock. And what happens is, this is straight leg lock here. When you twist in here, the leg goes opposite direction here. Then, from this direction, it gets open. It's not like straight opening. It goes this way, and open this way. So you don't see that under my arm here. So, one, this is the time I'm twisting his heel, and this is the time I'm opening here. So, it's like heel. All this, this is the motion you do. So, straight leg lock, zigzag, and finish it. The leg part, you can be together here. You can do whatever you want. Just the legs are here. Sometimes, you can do it this way. It varies with your knees. Sometimes, you can be up like this, and put this way. It's up to you, which is comfortable for you. So, I'm going to use the other side. When you watch this, for some people, it will look like I'm doing the same straight leg lock, but it's not. I, again, call zigzag, and you twist the leg the way you want, and it hurts so badly, guys. So, here, here. You can do it this way. You can do it this way. Either way, you can do it. Important thing is twist here. So, here, one, and two. Again, one more time. Turn the side, and you go back here.