

Metadata: [https://www.youtube.com/watch?v=M\\_spOJL9Nko](https://www.youtube.com/watch?v=M_spOJL9Nko)

We're looking at one of the critical skills of jinking exposing the heel. We've looked at a range of methods to expose the heel. Let's look now at one of my favorites from any crosshushing around this situation. There's always a problem when people put the heel turned down like so, heel on the floor, sole of the foot pointing back towards me. Now it's very very tough for me to expose my opponent's heel. In situations like this I will often use a tilt to get my opponent's heel exposed. I start by taking my hand and going wrist deep around my training partner's knee. I position my elbow just inside the knuckles of the the toe line and then from here I pass my foot through underneath my training partner's knee just like so. Then I create a drive leg placing the sole of my foot close to my training partner's crotch and I tilt back against his direction. He wants to tilt in this direction, that's what protects his heel. So I bring my hips underneath him and then from here I lift and tilt my training partner across to the other side and as a result we end up with an exposed heel ready to attack. Once again from a situation where my opponent is doing a good job of hiding his heel. We go through and lock up placing elbow and hand in place. I bring my foot in as a drive leg and hook my training partner's far leg. As a result I can lift and tilt my training partner over, exposing his heel in the usual fashion and as a result when we come back in the opposite direction we find ourselves in a superb breaking position ready to go. Again we have our training partner in the cross-arc running position. From here he's doing a good job of turning away in the direction that hides his heel. I cover my training partner's toe line, I hook a hold of my training partner's far leg, I plant my drive leg in place and even as he braces his body against me we get a good opportunity now to lift him back in the direction we wanted and expose his heel. From here we lock the figure of four so that as we come back in the direction he favors for his escape he finds himself unable to break the lock and we're in a winning position.