

Metadata: <https://www.youtube.com/watch?v=pOjUv0D54A4>

Hello everyone, and welcome back to the channel. Eric left the comment asking to break down Lachlan Giles in the next video. Now, when he asked this question, I assume he's talking about the leg lock system that Lachlan employs. Luckily, Lachlan is very active on YouTube and with instructional videos. So he does have a few instructionals. This is the one that I watched, his 50-50 instructional, and he just came out with a K-Guard instructional, and I haven't watched this one yet. There's just too much content out there. But yeah, so this video is gonna be my attempt to break down what I think Lachlan's general game plan is when employing this leg system. But if you want more detail as to how to get these specific techniques to work at the highest level, I recommend you check out Lachlan's instructionals and his YouTube videos, and I'll leave some links in the description below. Let's get started. So this is from ADCC 2017. Lachlan was employing the traditional leg lock system of inside control leading to positions like outside ashi garami like we see here, and him attacking an outside heel hook in this situation against JT Torres. Now, he doesn't finish his heel hook, but we've broken down this sequence a few times with Craig Jones. I think it was a big part of what they both did a few years ago. But now we see Lachlan doing things like baiting Gordon Ryan to go for outside ashi garami. So Gordon sits outside ashi garami here, and Lachlan uses that to counter and enter into 50-50. So he's no longer seeking those outside ashi garami positions or even inside senkaku positions. He prefers 50-50. So this is what I think his overall game plan is. So first against a kneeling opponent, his opponent is kind of in the split squat here, and then he goes down to his knees, and immediately Lachlan puts this heel just like past the hip of his opponent here, and he starts feeding his arm through this leg. And this is the classic K guard entry that Lachlan has done so well and made very famous. So I'm just gonna kind of let this play, and you guys can see the standard entry that Lachlan uses. Two, three. So that's the standard entry. Now we see him again here trying to enter into the legs. His opponent is kneeling. Lachlan has his foot on the outside of his opponent's body, and he's diving for this leg here. But this opponent does a really good job of sprawling his leg back and cross-facing Lachlan very effectively. So Lachlan has no ability to attack this leg now. So instead, he goes for a shoulder crunch. And Lachlan doesn't finish the sweep here. He tried, but Gordon has done this sweep many times and made this famous, so it's definitely effective. And one way that Lachlan likes to set this up is he takes a two-on-one grip here on the wrist. And if his opponent tries to pull that arm away, he'll shoot and dive into the leg. But like in this situation, his opponent doesn't really respect that two-on-one grip. So Lachlan just kind of invites the cross face and goes hard into that shoulder crunch position here. And instead of trying to sweep in this scenario, he tries to shoot a triangle. So he's got the sweep, he's got the triangle. And then in this scenario, he's getting two-on-one grip and he goes guillotine. So he's got kind of a little system based on the reaction that his opponent gives, whether or not he can reach that leg or not. In this scenario, I think this is one of Lachlan's go-to entries into the legs. So you'll see this foot over here of Lachlan is gonna creep across to this hip over here. And then he's gonna reach towards this leg off of this inverted position. So as we got this play, see his opponent's trying to pass and Lachlan creeps his foot across the body over to this hip right here, resets. And he's gonna do it again. So that's a creep. And he's reaching for that leg, but he can't reach that leg. His opponent sprawls back. So then he tries to switch sides. He's in basically like a closed guard kind of scenario. He has both his feet on the outside of his opponent, which allows him to go to either side. So he reaches for this leg and now he reaches back towards the other leg, but he misses both. His opponent does a really good job of sprawling, but you can see what he's trying to do. Now in this scenario, again, his opponent tries for the guard pass. And watch this foot. That foot pops out on this side. So now Lachlan's next move is gonna be to go grab this leg. Now he does the standard K guard entry and finishes from 50-50 with that inside heel hook. So this is kind of another scenario off that same kneeling position of his opponent. Lachlan is trying to do that

same entry, right? He has a foot here and he's reaching for the leg, but his opponent is kind of sitting back a little bit and Lachlan doesn't feel comfortable that he's gonna be able to spin underneath his opponent. So instead, we'll see. He tries this back step into the leg. Now this is basically a back step into inside Senkaku or the saddle position as Lachlan calls it. Now it's not successful in this scenario, but you can see what he's attempting to do here. Now again here, he kind of gets smashed on this standard entry. And you'll see he'll start to push off his opponent's body and bring his other foot out. So his foot is coming out here and he's gonna try and back step it around. Again, it doesn't work, but you can see what he's trying to do. So now plan B, which I think is the most common at the highest level, is De La Riva and it's against standing opponents. So the first one was against a kneeling opponent and then he goes De La Riva if it's a standing opponent. And this is the one that he made so successful at ADCC and he's broken it down many times on YouTube. So I'll leave some links in the description below of Lachlan breaking it down himself. But you can see the opponent's standing, goes De La Riva and starts to enter into that K guard. So that's the standard entry. And you can see his opponent's knee is kind of free here. And his opponent kind of feels relatively safe, but Lachlan grabs the heel and starts putting pressure. And as his opponent spins, Lachlan kind of sucks his hips up and recaptures the knee. And we'll see that again here off this, you know, again, De La Riva entry. He doesn't have the heel, doesn't even have the knee, but he gets the heel, right? Once he has the heel, he starts to climb his legs up. And now he starts putting pressure. So he grabs first and then climbs the legs up. Now, if he has the heel and the knee, but his opponent is grip fighting very, very strong, he uses his feet really well to basically eliminate the grip fight. So there's no way his opponent can reach his hands if he's pushing off with his feet. So that's a strategy that Lachlan uses quite a lot to eliminate the grip fight. So now plan C is reverse De La Riva. And I've only found a couple scenarios of Lachlan using this in competition. There wasn't anything of Lachlan being like successful directly off of reverse De La Riva. A lot of times his opponents dive into his legs to initiate the leg battle, like we'll see here, or he transitions back to De La Riva. So we'll see him start to kind of try and invert off this reverse De La Riva. And his opponent dives to initiate the leg battle. And here we can see again, his opponent tries a knee slice and Lachlan goes with this reverse De La Riva with this arm gripping the foot, but he'll change. So his other hand will start gripping the foot. So he switches to normal De La Riva. And then he goes for his K guard entry off of De La Riva. So I think that's his preferred. So if he's in a reverse De La Riva situation, he would prefer to go back to the De La Riva entry if he's not able to do anything right off the bat with that reverse De La Riva. So if you guys find this content valuable, please like, please subscribe. I think the last comment that I received on a video was asking for an Eddie Cummings breakdown. So I think that's next. If you guys want to make sure you see that video, please subscribe and we'll see you next time.