

Metadata: <https://www.youtube.com/watch?v=75QeeFuoaeY>

Leg locks, let's say he looks and straight foot locks just for right now We have open circuit and closed circuit. It's Basically one is my legs are crossed around my opponent's hips and the other one. My legs are not crossed That's all it is and they both work. They have different advantages So if I were coming your foot an advantage of a closed circuit would be 50-50 Right my legs across my hip. He can't roll off that easy. We're closer, but I can't pass as much You know, I don't have as many options to change position as I did before For instance like right here like right here. It's open circuit, right? I can let go and pass I think I can stand up He can maybe escape easier. Okay, but I can jump in those positions Okay The open circuit is something that I suggest most of you even if you consider yourself advanced or especially if you think you're advanced Don't don't try to in my opinion Don't try to imagine yourself as becoming a foot lock specialist And if you think you're a foot lock specialist, and if your opponents know that they're gonna hide their feet from you And if you don't know how to pass the guard, it's not gonna be you're not gonna have too much success So it's good to have your overall game, you know I've won Abu Dhabi matches off arm locks by the back about guillotines I got triangles and I've won a lot by leg locks just because a few things I was doing at a time No one really knew how to stop these things and some of these are the best people in history I'm very honored to say it To mention that so open circuit closer are both very effective and we want to learn both of those but I suggest to start Close our open circuit so we can jump in jump out combine our guard pass and combine the back takes combine mounting and combine all kinds of other attacks You're not as much into the risky area and you have more options You