

Metadata: <https://www.youtube.com/watch?v=kfFe3L8YPzE>

The three keys of coolness in high school by Jenko. One, don't try hard at anything. Okay, two, make fun of people who do try. Luckily for us jujitsu nerds that are trying to get really good, there are platforms like BJJ365 and Submeta that allow us to learn techniques from some of the best instructors in the world. And there are also more and more professional jujitsu events, which gives us more opportunity to watch professional grappling and do our homework. Gordon Ryan hit the fastest submission in ADCC history on Soza. And Kyle did his homework heading into this EBI event and tried the same exact entry on Soza. But Soza did his homework as well and was able to defend it. And this is honestly what keeps me motivated because if you're not doing your homework at the highest level of the sport, you're gonna fall behind. And during the Medusa event, we saw Peyton Letcher taking on Trinity Pun. And just one month ago, Trinity was able to beat Peyton in less than one minute. But just one month later, Peyton was able to beat Trinity in very convincing fashion. And on a weekend full of incredible matches, Claire North and her coach, John, proved that doing your homework is an extremely important part of being successful at the highest level. And in this video, we're gonna talk about how Claire was able to use new school and old school techniques to bring home that Medusa belt. Shh. Shh. Now in her first match, Claire was able to successfully apply a Z lock that she learned earlier that week. That was so cool. I learned that this week. This week? Yeah, it was so cool. Yeah, my coach saw it and he was like, we should learn that and it was a great idea. Now, if you're thinking to yourself, didn't I just see a Z lock video from this channel like a week ago? You would be correct. Then you're probably thinking to yourself, okay, but that's just a coincidence, right? There's no way that they saw that video, went out, bought Juni's instructional, learned the Z lock, and applied it in competition later that week. Well, turns out that's exactly what happened. And let's break it down now, because if you're subscribed, you know I love talking about leg locks. So we start off in a classic double pole position and Claire does a good job of keeping her heel to her butt, allowing her to take that inside space and use the classic shin on shin entry into Ashi Garami. Now, if you were to draw a line from your hip down to your foot and your knee is on the outside of that line, then it's gonna be very difficult for your opponent to throw in an effective reap. And her opponent does a great job of making sure her leg is in that configuration, making it difficult for Claire to throw in her reap. Now, a lot of times what this means is sacrificing your knee position on the other side. And Claire is able to take advantage of this and throw in her reap on the other leg. But in an attempt to drag out this leg lock section as long as possible, I'm gonna talk about another option Claire had and pay my respect to a community that's getting harder and harder to ignore and that is the straight ankle lock squad. But please keep in mind when I'm talking about this, I started at a school that despised leg locks and then went to a school that focused on heel hooks. So I kind of skipped over the straight ankle lock phase of my development. And even though Eddie Bravo was not impressed with these straight ankle locks, I definitely want to add them to my game. So please let me know in the comments what material I should study. And we'll just kind of scratch the surface here, but we'll do a deeper dive into the straight ankle lock in a future video. But the basic idea is that when you're defending a straight ankle lock, you want to put on the boot. But when you're defending a heel hook, you want to point your toes like a ballerina. So having your foot in the correct position to defend a straight ankle lock makes you vulnerable for a heel hook and vice versa. And the same thing goes for knee position. Having your knee to the outside makes it difficult for your opponent to throw in their reap, but it also makes it easy for them to apply some devastating straight ankle lock pressure. So the straight ankle lock and heel hook play off each other very well. And a good representation of this happened at the latest PGF event where Mario is threatening a straight ankle lock. And in an attempt to alleviate pressure and slip his foot out, TJ turns his knee to the inside, which slips his heel out of the grip. But once Mario adjusts his grip, he now finds himself attacking an outside heel hook. Now, what's starting to become more common at the highest level,

and it's kind of a gray area between a straight ankle lock and an inside heel hook, is when our opponent tries to free their foot from our grip by keeping their knee facing to the outside, which puts their heel on our chest and their toes remain trapped in our grip, leading to what's called an Aoki lock. We've been watching that Aoki lock get a lot of play at the high levels of grappling the last few months. Now, please stick with me here because this is where things start to get really interesting. It seems like a new trend is using this K guard entry, but taking this inside foot and bringing it to the outside, putting you an outside Ashi, which gives your opponent a lot of back exposure. And we see Craig here taking a scoop grip on the leg before bringing his inside foot to the outside, putting himself an outside Ashi and getting his back taken. But instead of a scoop grip, people are keeping that straight ankle lock Achilles grip while they enter into outside Ashi. And this Achilles grip limits the amount of back exposure you give your opponent. Achilles grip here so we can't take the back. So we see Andre entering into outside Ashi with that Achilles grip and threatening the straight ankle lock. And we see Mateus doing this as well in 80 CC. But one of the most impressive things that high athletes do is that when something doesn't work the first time, they make the adjustments to get it to work the second time. And when Mateus goes for this belly down straight ankle lock the second time, you can see Tackett's heel slip inside Mateus's grip, leading to that Aoki lock finish that attacks the inside of the knee similar to an inside heel hook. And as we revisit Andre at EBI, you can see his opponent is trying to take his back. And in order to chase the back, they have to bring their knee to the outside of the line, connecting their hip and their foot. Which means if that heel were to slip out of the grip, it's gonna go right into a strong belly down Aoki lock finish. And as soon as this heel slips inside the grip, his opponent taps. And I apologize, we haven't even made it through 15 seconds of Claire's first match and I got a little sidetracked, but I'm kind of on the straight ankle lock hype right now. But back to Claire at EBI, who does a beautiful job of switching legs and throwing in her reap. And she initially has control over both of her opponent's legs, but relinquishes control of the secondary leg to get her feet in her ideal position. But now the question becomes, can we get a hold of that secondary leg once again? And Peyton found herself in a similar situation. And her first attempt was to bring her elbow over her opponent's toes and threaten an outside heel hook similar to Gordon Ryan, probably because she did her homework. And after that doesn't work, she tries to reach to secure the secondary leg. And that also fails. So she goes into this beautiful sequence where she threatens a toe hold. And as her opponent spins to alleviate the pressure, she transitions to inside Senkaku. And she initially takes that tombstone grip with her hands, but instead of just sitting up and attacking the heel right away, she does a great job of using her right hand as what Danaher calls a handbrake, making it difficult for her opponent to hide their heel and Peyton's able to secure the finish. So those are a couple options that Claire had from this position, but what she ends up doing, I think is very creative. She takes her right toes and points them down towards the mat. So when she extends her legs, her opponent falls over and Claire's able to successfully secure that second leg and starts to immediately enter that Z-lock position. And in case any of you are skeptical that Claire didn't really learn the submission earlier that week, she initially takes the incorrect grip to finish the Z-lock. But after her coach, John, telling her to switch her hand the other way, she's able to successfully get the Z-lock finish. So the moral of the story is do your homework and stay in school. Okay, Claire. Now, moving on to match two, where Claire was facing the former champion and very dangerous Sophia Casella. And Claire starts off by taking a two-on-one grip on the far arm and even grabbing the far shoulder, trying to bring Sophia in. And as Sophia is resisting that pull, Claire takes advantage of the space and throws in her false reap. But more on that later, because for this section of the video, I wanna focus on what Claire is doing with that far arm. And you can see she's playing a game where she's trying to threaten an underhook with her right arm and a Kimura with her left arm. And it was an unfortunate time for the camera to switch angles, but it looked like Claire got the underhook with her right arm because she started to threaten a Choi bar.

And I don't know how long Claire has been working on this Choi bar, but again, it's something that we recently did a video about, and it's something that's growing in popularity. And maybe Claire and John have a subscription to Submeta where they learned this Choi bar directly from Lachlan Giles. But I do know that Claire and John have definitely done their homework and that is displayed through her Z lock and Choi bar finish in her first two matches. Now, match three is her finals match against Peyton Letcher. And Claire starts off by going directly into her false reap. And Peyton does an interesting defense where basically she just sits on her butt and waits for Claire's leg to come over to 50-50. And Peyton immediately attacks a leg of her own and forces Claire to retreat. And again, I don't know how long Claire has been working this false reap because we saw this same defense happen to Dane in the PGF. Whereas he's entering into the false reap, Wesley just sits on his butt and is able to successfully defend that false reap entry. But Dane shows that he really understands this position by going back to the false reap later in the match. And this time making sure he focuses on bringing Wesley forward before entering into the legs. And it's these adjustments that show someone really understands a position. And I do not know if it's because Claire is relatively new to the false reap or if it's because she really respects Peyton's leg locks. But for whatever reason, she did not choose to go back to the false reap and chose to go to close guard throughout the remainder of the match. Which we tend to see a lot of when 10th Planet people compete. And luckily we have Brandon to walk us through it. Yeah, he's gonna wanna go palm down with his right hand and there you see it. Now, once he pulls out, he's gonna have a big attack on that arm. So if you wanna learn more about the dynamic guards of the 10th Planet system, consider checking out BJJ365 and let Brandon help you take your game to the next level. But from closed guard, Claire didn't do anything very dynamic. She went with the classic old school combo of combining the guillotine with the hip bump sweep to get to mount. But before long, she found herself back in closed guard, threatening a Kimura. Which again is something we saw successfully applied earlier that night. But just because something is old school doesn't mean we can't add a little flair to it. You can see Mika threatening a guillotine on Majid Hage. And Majid takes his hand off the ground to fight the hands and alleviate some of the pressure of the guillotine. And as he does, Mika uses this opportunity to shoot into a triangle. And Claire uses the same idea when she's attacking her Kimura. Peyton is using her second hand to make it difficult for Claire to finish the Kimura. But it makes it very easy for Claire to shoot a quick triangle and finish with a very strong Kimura. And take home the Medusa belt. But if we could just take a step back for a second, what I'm trying to say is that there's gonna be a lot of different styles of jujitsu. And you can gravitate towards a given style depending on who you like to watch or who your coach is. But regardless of whether you consider yourself a new school or old school type of grappler, if you wanna be good at what you do, you should be doing your homework. And you need to be looking for new ways to apply techniques more effectively. And at the end of the day, that's what we're all trying to do. So if you're still here, leave a fist bump in the comment section and let's keep trying to get better at nogi jujitsu.