

Metadata: <https://www.youtube.com/watch?v=J73eyz2aRGo>

We've been looking at variations of the knee lever. And one thing they've all had in common so far is there was distance between my chest and my opponent's chest. And some of you might be thinking, man, I don't have the strongest hands in the world. If I grab a strong guy's wrist and I try to control him without chest to chest contact, I just don't feel I will be able to knee lever them over in time and not even sure I can win a scramble. So what should we be looking to do? An alternative is to use an elbow lever. Let's have a look at that right now. This will give us a much stronger degree of contact with an opponent. So here we are, we've got a basic knee shield in place and we get a hold of our training partner's wrist and you're worried the guy's just gonna violently rip away and you lose it. So instead, we're gonna come up and we're gonna thread our elbow over his elbow. And then I'm gonna hike my elbow right up into his armpit. So when he goes to yank out, it's pretty damn difficult. Then from here, I just come down and I just post on his hip, just like so. And now we're in the perfect position to hit a nice knee lever. As always, our two feet just come in close together and we just take them right over. There's no basing out on this one. You've got too much control of your opponent's far arm. From this position, as he tries to get up, we just put our foot here and behind us and we just take our knee off the mat. So if he goes into a scramble, you're in the perfect position now to lock up the waist. Okay, there's no scramble away and you get your reversal points. So let's head on to this from another angle so you can see what's happening here. We start off, fairly common situation. We get a hold of our training partner's wrist. Then when we come up, we thread the elbow through into the armpit. When he goes to yank out, significantly more difficult. Now we just post our hand on our training partner's hip. We hit a basic knee lever, taking him over. The last step is for us to come up to a knee. So when he goes to scramble away from us, we're in the perfect position to lock up. He tries to get out, the body lock holds him in place and we're in excellent position now to control our opponent and get through into our pass. Once again, from a basic knee shield type situation, we go through and thread our elbow in place. Now we come down to the floor, post on our training partner's hip and then hit the simple knee lever straight down up to our knee. He gets back up, tries to scramble away. We find ourselves in the perfect position now to lock up. Everywhere we go now, you'll be able to return your opponent's shoulders to the mat and go into all of your body lock out passes that we'll look at in the passing session. This is an excellent way to get more body contact with an opponent and set up strong knee levers.