

Metadata: <https://www.youtube.com/watch?v=9rbXhm5g71g>

straight foot lock. Let's take a look at this often misunderstood submission. Okay, so we need to be pretty tight on TJ's leg here, which means controlling the knee. My heel is over on his hip. Okay, pinching my knees together. Now, this is the critical area. Most people make a mistake and end up grabbing too high on the leg. Okay, so they're trying to do kind of a calf crush. It's not what we're going for. We need to slide back. See how I lock out? That's how low we need to be for the straight foot lock. Again, tight legs. Now that I'm low, I pull my arm all the way in, all the way up like a guillotine. Okay, here's the trick. Roll my shoulder back and get my lat involved. Now I'm in a good position to lean back and get the submission. So what if the straight foot lock doesn't work? Well, we have another alternative and it's really easy to get into because all I have to do is switch my arms. So I go from my original straight foot lock position, switch my hand. I'm going to move it in while the other one is still there. Okay, so there's overlap. Grab my bicep, grab his shin, and now it's important that my wrist is pointed up so I can move like this into his Achilles tendon. Here, slide that over. Grab. I'm nice and low. I lean back with my lat and then get the submission. Excellent way to practice getting low on his ankle is to step in with one knee, block his one leg, reach down. You can start high at the calf and then slide down until his foot almost slips out. Now from here, in, up, back, throw my hip forward and get the tap. TJ's hips move when I go for that foot lock, so to pin him down, I can also step on his thigh, locking out his hip through his femur, then shoot down and go right to the submission. The footwork to get into the heel lock is really important. The footwork to get into the heel hook is pretty straightforward. I isolate one leg, I push one out of the way, step underneath his other hip, okay? I hug his knee with the same hand that picked off his ankle from my hip, hug that knee, and then I roll over to the side immediately. I don't want to be too extended with my hips. This is a common mistake. Bring my hip in very close to his so my heel is pulling to my butt. Now I have to reach back. Don't try to get it blind. Reach back, expose that heel, thumb over thumb, pull his heel to my chin, and then we can twist the body. I'm going for the heel hook. Maybe I can't get it. We always have another option. I move back to a center position here, release his heel by throwing my hip up, pass that off, okay? Now I have an inside heel hook. Very powerful. Be careful with this. I don't like that. I can always throw that over, go for the heel hook again. Very important to move back to the center before passing it off and then coming to our submission. So because for the heel hook I rotate his heel to affect his knee, he is going to rotate in the same direction so that my technique is ineffective. So if I start going forward like this, TJ rotates out. I go for the heel hook. I open my legs because I know he's going to rotate and then I clamp back down, okay? My hip is right where his knee is and I go right into a knee bar. As they're rolling away from you, it's easy for their knee to slip out and your hips end up too high. So try to stay as low as possible with your hips. Here he rotates. I'm too high. My hip is around where his shin is and this isn't that effective. I need to get my hip a little bit lower, closer to his kneecap. Now the same thing applies for the inverted heel hook. Guys will try to roll out and rightly so because this is pretty dangerous. So I'm up. I'm going forward. He rotates. I open my knees and then clamp them down again. If everything works out, this goes behind my armpit for an extra tight submission. you