

Metadata: [https://www.youtube.com/watch?v=ioqCR\\_Bc7bw](https://www.youtube.com/watch?v=ioqCR_Bc7bw)

Alright, back here now we look at another leg lock, different angle, different size. We call here an outside foot lock, because remember, I'm on the outside of the guard. Now, some people call this an inside foot lock, because it's on the inside. It doesn't matter what you call it, just that you understand what I'm talking about right now. We'll look at how to get here soon, but first we start in the destination. Cross, foot here. Now, what's interesting, this foot is not here. It doesn't work the same if you do this, unless you go 50-50, which we can look at. That will be next session. My elbow is on the ground, and I look away. It's very powerful. You can go here or here for this one. Jump over. It's kind of hard to get away. If I'm here, it's okay as well. It's preference. If you have shorter legs, you might be better off going here. Longer legs, usually here. Depends on what you feel. On my elbow. What's good about this is, it's very hard to grab my elbow. He has to grab this one. It doesn't matter so much. It helps a little bit, but not really. If he grabs this one, he can stop it. So, reach up and back. There's ways you can get some guys to let go. Go back to the foot lock. All kinds of little tricks. Now, if he wants to jump to my foot, to board, it's not such a big problem. This foot is so high up in the air, I can pass my leg back. Realize, inside the guard. Jump over. You cannot recompose your foot. That's why, outside the guard, it's no problem. Here. Lock. Far hip. Right here. Follow your elbow. Knees together. Look at the way I drop. And what's really cool about this, he can't mount me easy at all. Okay. Try to get up. It's very hard. If that happens, I always let go and stop him if I have to. Outside the guard, you put your foot on the hip. It doesn't matter. They can jump over. If they can jump over and escape, it's great. Maybe they got lucky. Maybe you mistimed it. It can happen. But it's safer, especially with Ki, to go outside. It's much harder to grab this lapel for my opponent. When I'm outside. Make sure this is strong. Okay. Far hip. Over. Elbow. Very important now. I look up and I turn that way. It's not here. It's not here. And I turn that way and I look over my left shoulder. It's very powerful. My feet are keeping him there. They're not so much pushing as much as they're keeping him there. Arch up and pop.