

Metadata: <https://www.youtube.com/watch?v=q7q7FNyLP0Q>

Okay so we just looked at different troubleshooting details like the pinwheel pass, rolling out etc. So one more minor detail I want to cover real quickly is when we're playing a Williams card one thing we it's not very high percentage but we have to look out for this is what if my foot is dangling especially if my my heel is around the shoulder and the foot is just relaxed my opponent could reach up grab the toes and push the foot down whilst lifting his posture up and creating some form of toe hold ankle lock pressure. First off it's not very dangerous it's not a very high percentage submission second up there's a few easy ways to counter it. First let's look at how to prevent it so when we're playing the Williams card yeah I want to have this foot flexed so first off that makes it further for him to reach so when he starts reaching up he has to reach behind him where he's not that strong and second off push the foot down please my ankle is pretty strong in a flex position same as when you're getting ankle lock you flex the foot you're pretty strong you can you can toughen that out for a second. Now because he takes this arm away there's so many options we can do here. First off if I'm really afraid and I just want to protect my foot I can just reach over grab the foot and now it's his power versus mine and it's very hard to now put some pressure on my foot. Second off I can use that same arm to strip the grip pull it in and make this meat hook here we're going to see what we can do with that in the in the chapter of rubber guards yeah. So a few more things he goes for the foot starts to grab it it gives me the space with this leg I can reinforce my foot or I can just simply shoot through for triangles change the angle pull my foot out as he reaches the foot I can lift instead of just lifting the foot I can lift the leg the further his arm is behind him the harder it is to put pressure down the harder it is for him to put pressure down and I can just get this leg in start switching for triangles attacking here. So it's not something to be very afraid of but I didn't want to mention it because you could get surprised if you just relax say you start playing your main focus is going to be omoplata head control keeping pressure etc and if you just leave this foot here he could just snatch it and lift up explosively and put some strain on my ankle in the form of toe hold yeah. So always be a little bit aware of this especially when your foot goes from behind the back to in front of the shoulder that you just keep the foot flexed a little bit yeah. If he now starts reaching for it yeah I can always use my feet to strip it off yeah or I can use my hands to strip it off and get this metuk take control of the arm etc yeah and then work my way to triangles or submissions just be a little bit aware of this. If the foot is behind him on his back so playing Williams garden foot is a bit more behind if he now tries to reach for it it's very hard yeah. If he then starts bending his arm backwards well then it's even better then we can get into our puppet master but we'll see that in a second. you