

Metadata: <https://www.youtube.com/watch?v=2SxRwDBhWk>

Okay, Javi's on his back. His legs are facing me. His feet are on my hips. This is one of the fastest leg locks you guys can do. And it messes a lot of people up. Because they don't know what it is. And I really don't know what it is. Because you turn, everyone turns a different way. So all I'm going to do is keep my hand like this. It looks like nothing. Does that scare you? Watch this. Ready? It's going to shoot. It's going to shoot. It's going to shoot behind the leg. Figure 4 is drawing. So fast. And everyone's different. So whatever way he turns, I don't know. Slow motion. My hand crosses and it shoots behind and I figure 4. Then I turn his body and then I drop my weight. Same setup. From right here. My hand, instead of shooting this side, it goes to this side. Instead of here, it goes to here. Instead of here, it goes to here. Palm down. One. This is two. So it goes two. Pull. Body weight. That's it. All it is is my body weight. Same thing. Your hand shoots here. Palm down. Grab. Pull. Body weight goes forward just like this. Number 1. Variation of 1. Okay. Armpit. Arm bar. Wrist lock. Body. Arm bar. Elbow. Arm bar. Use your leg. Wrist lock. Shoulder lock. One. Two. Pull. From right here, kick. Push. Sit. STF. Now I go for his forearm. Let's say his forearm is out. Like that. Watch. Ready? Kick. Look at this. Pull. Circle. Body weight. Number 2. Cross face. Two fists. Number 3. Armpit. Arm bar.