

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

Looking at one of the final attacks from uh or one of the attacks that I like the the most is when we're in the z lock and the person is booting as a defense and as they do that they're going to leave themselves open to what is going to be a knee bar a sideways knee bar it's the z lock knee bar very effective against somebody who boots okay so we'll take a look so we're here I get into the z lock now we'll get into this a little bit later on defending the z lock but if I have one leg and the person boots boot boot boot and straighten out your leg this is good I can't turn it in right he's a lot more safer here because I I don't have the leverage to control how to like turn the knee inside does this mean I can't turn it no I can scoot and turn it but it buys a little bit of time the misconception though a very big misconception is if I have two legs and the person boots the person boots here okay now I want you to think about this person boots here I don't freak out I let him boot because he's gonna I'm gonna make him choose he's gonna give me a sideways knee bar he's gonna give me the z lock here I'm gonna retract gonna turn to my side he's booting I'm going to scoot out and point my kneeward downward and it's gonna straighten out his knee on the side of his uh on the side of his mcl it's gonna just make leverage like a sideways knee bar and it's gonna he's gonna regret that he did the knee bar it comes on slow you don't have to rush it you just pinch scoot back turn this knee downward in if he boots he's gonna get caught if he wants to bail he's gonna have to turn the knee inward if he bails we go back and we keep that tight so we're pinching we're here he boots hard he boots super hard strong legs hard to do I take that I turn to my side where the feet can hit the ground I point in and watch I'm gonna make sure the angle hits the side of the knee okay I'm gonna point down and get that tap knee points down only works if he's booting he boots here slow get the finish if for any reason he doesn't boot anymore he turns in he he caved because he felt the pain we're gonna come up we're gonna catch I'm gonna get that finish okay we're gonna show from a different angle we'll do this so we're in the z lock we're through I catch I get here he boots okay he boots and straighten out the leg okay can't get it okay through here stuff to the ground now keep in mind my groins here I would like my groin to be more on the side okay so if I can I'd rather it be more on an angle okay but it doesn't matter if it's not an angle or not we'll still get it he boots hard okay I pinch my leg still he's booting and then I scoot my butt backwards and point inward and we get a nice quick tap goes right to his MCL and goes into his ACL and it'll just break his leg if he doesn't let go if he doesn't tap okay the only way he'll he'll cave is if he goes and lets this leg fall inward then if it falls inward we're able to come back in scoot catch and we'll go back to z lock so if I do z lock and this guy starts to boot then I go straight back and I get the I get the nice knee bar if he points his knee inward I'll catch that I'll get the shin and we'll start getting the z lock finish okay but the main thing here is when we get here is that to not acknowledge when they're booting when they're booting you want to go yeah so straight he wants to go straight all I want to do is cut an angle I can't be square with him I can't do it here I need the feet to be on the ground and then I need to pinch the knees together he keeps booting and then I scoot back and I get the tap so when I scoot back it's not just scooting back I'm pinching the knees together pointing inward okay and then I scoot back at an angle so I keep all this tension and I just scoot back and everything pinches it collapses his leg and he'll be able to tap to that or he'll be like okay I'm gonna not get caught that so he'll turn his knee inward I'll catch here and I'll get the finish okay so anytime the person boots inside the z lock when you have control of two legs especially two legs is not what you really want to do you don't really want to boot you I say probably two times out of ten you'll get away with it anyone skilled is all they're going to do is grab the ankle pinch the knees put the feet on the ground scoot back and your knees gonna collapse okay you need to make sure that when you're doing this you see somebody boot the first thing you're going to do for is knee bar knee bar if they turn the knee inward we're going back to z lock okay we go back and forth we either get in that knee bar or we're making them turn back into the z lock okay we're going to look at one more time very slow for uh

last reference okay so when we're inside we're here right let's go like even from double pull I slip come inside boom I catch through through here the guy boots really hard the other leg please he boots really hard I turn to the side I pinch my knees together he's still booting as hard as he can pinch and then I scoot straight back and I pinch my legs and kick my legs forward so essentially without him okay I get through I'm here I'm pinching my legs extending and kicking back just like this that's all I'm doing pinching through and this move might take one second five seconds ten seconds you keep it very slow and precise and if they're content to boot they'll either pop their knee or they're going to get some damage or they're going to turn inward to relieve pressure and when they turn inward as soon as they turn inward I'm going here to push they turn inward I go deep pull in z lock and we go back to that finish z lock knee bar that's how you do that