

We looked at phase one which is to initially catch the leg or snag the leg and the idea was that I make an initial catch here without either of my knees touching the mat okay but at some point you've got to fully capture the leg and bring it up between your legs and get in like so. So how does this work? How do we go from snagging it to actually capturing it? The key is to walk towards his other leg. So from a situation where I pull his leg in I'm going to demonstrate with an outside reach. If I just grab the leg and try to pull it to me, like a strong body gank, if I try to pull the leg to me it feels like a waste of thousand pounds but if I step to the other leg it unweights his leg and enables me to put it between mine okay. So the idea is regardless of the single leg attempt, once I make the snag I walk to the other leg and it unweights the leg that I want and suddenly you can pick up a guy's leg and he weighs 300 pounds okay. I could never pick up someone's, Giancarlo doesn't weigh that much more than me but if he makes a heavy leg I'll never pick it up okay but if I come in and I walk it comes up effortlessly and now the elbow deep around the leg we lock it in and my legs control his leg like so okay and you have now captured the leg between your legs okay. So our whole thing is phase one, I snag the leg. Phase two, I step to the other leg and come in like so. Now we're in perfect position okay and we're ready now to lock up that leg and go into phase three. Walk to the other leg to make it light and you'll capture the leg every time.