

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

Okay, this is something I've seen several renowned individuals do in knee lock. Believe it or not, the first escape I learned was to push here. But it doesn't work that well. This is like 1995 stuff, it doesn't work. Notice how he has me prepped, I'm in trouble. I can't turn anywhere. Fall on your back a little bit, I'm going. It's a very effective way. The next way I learned, which still works, put your foot here, you can scoot away. It's okay, it's better. What about this now? We're in trouble. Sit up, and just open the legs. Now, I don't recommend doing this for healers. I don't recommend it, okay. But for identity and professional, you can't do this if you want to. So simply, sit up, grab, and pull and scoot in. Something I've seen, I've seen about five people that do this very well. One of the best that does this is Clark Gracie. I've seen some of his matches. It's very hard to knee lock him because he does this very well. Once again, this is for IBJJF. You are, you have a few heel hooks you're leaving to your opponent. If you do this for the rules are different. So let's look at the other one just because. The two ones I use is this one. Open the legs and just pull your knee inside. You see now, you cannot go straight to lock him. The other one is, simply, the sooner the better. You get your foot here. You get both hands and you scoot away. Those are pretty good escapes. The other one's more, let's say, it looks cooler at the moment. And it's valid, it's effective. But if the rules were different, I would prefer sitting up and scooting away. Very simple, not easy. But more simple based on time to escape the knee lock. Not a very complicated thing, but simple. Okay? Not easy. You have to do it fast. Be aware. If you also get time to where you're here, and you grab your time, yeah, of course. Of course. But we're talking about the knee lock itself. Okay? Sit up and grab, pull. You're pretty much okay now. Okay? Or, put this behind the knee, knock the butt. You don't have to scoot away. You can escape this one. Those are two simple ways to escape the knee lock.