

Metadata: <https://www.youtube.com/watch?v=-uTD6BwDCdw>

Outside heel hook kneebar, something I stole from Husamah Pauharis, obviously one of the kindest, most gentle grapplers that's ever faced the sport. He used this one very well at ADCC. I think, in my opinion, innovated this. I haven't seen it in too many other places. I haven't seen it too often since, not sure why. But he would basically keep an outside heel hook grip. So just understand, he would throw the reap to expose the heel. Oftentimes, especially in that day and age, guys would just try to roll through, try to get ahead of it, get straight out. If we keep the grip, so let's say we throw our reap in, I get a bend in the knee. I keep a tight grip on the heel. As he goes to turn, I just keep my knees facing up. And now we've created nice leg extension here. I'm crossing at the ankles, pulling back. I'm rolling his heel down. So in a sense, it's very similar to the pressure of the shearing style 50-50. I'm pulling across and we start to hip in. We get the tap there. But we've got pretty good range of motion here. We just need to keep the heel hook grip so that the toes don't roll out. So we throw a reap, we keep it, we cross our ankles. And you see how I'm keeping my knees pointed up. Don't fall to your outside heel. Because as he goes now, now he's in territory to hit a rolling back take on us, right? So what's key about this is that we throw that reap. I keep my knees pointed up. So as he goes, my knees are pointed up. If you collapse this leg, just so they can see. My knees, I'm not here. We're rotated up. And to get hip pressure, keep his toes down. And we start to generate that healthy hip. So we throw our reap in. Exposes the heel. Cross our ankles. She goes through. I keep my knees pointed directly up. I can even stomp the floor here. So just to see it in a bit of a higher speed sort of way. I would throw that reap, capture him. He goes faster. And we keep our knees pointed up. That's really what saves us here. We can keep our knees up. We're good to get the break. So just a simple, super simple one. Throw the reap. Catch the heel. Expose the heel. Keeps the toes trapped. As they turn, we keep our knees pointed up. We can apply a very quick break. Obviously, be careful here. Comes up very tight.