

Metadata: <https://www.youtube.com/watch?v=cZXj5ME5cbM>

There has always been a conflict of interest between the fans and the athletes. If you're going into the cage to fight a monster, it's probably going to be a good strategy to push him up against the fence and just kind of lay on him, wear him out. But from a fan's perspective, that can be a bit boring, and it's typically much more exciting to see two people stand in the middle of the ring and duke it out. But as an athlete trying to create this exciting environment for fans, it does come with risk. In terms of leg locks, it can be a bit boring to see someone just sitting in one leg lock position and just kind of methodically working their way to a submission. Whereas it can be much more exciting to see two people engage in a leg lock battle going back and forth. And as you just heard, it's becoming a viable strategy to let people attack your legs just so you can counter. But if you're like me, I really don't feel like getting into a leg lock battle with someone, especially the kind where we're both ripping on each other's leg at the same time. So we might reason to ourselves, okay, let's just avoid the leg game altogether. But the problem is leg locks come from everywhere nowadays. And if someone's trying to pass your guard and you don't want them to enter your legs, you may end up giving your back in the process. And even if you do everything right, you get to mount, they could just kip their way right into a leg attack. So I understand how this can feel a bit hopeless, but the goal of this video is to provide some ways to remain relatively safe from the leg lock game. If you've listened to John Donahue or Gordon Ryan talk, you've definitely heard them talk about inside position because it's the basis for their whole style of Jiu Jitsu. If you want to pin someone effectively, you have to own the inside space. And if you want to submit someone effectively, the same applies. And leg locks are no different. Most of the effective leg lock entries require both feet to be on the inside. Yes there are some attacks your opponent can do if they have outside position, but in general if you want to take care of your feet, keep them on the inside. Now there are a lot of different guards we can decide to play. And a very popular one nowadays is the knee shield. The issue is when we play this type of guard, our foot is in the outside position and exactly on our opponent's hip, which makes it very easy for them to sit back and attack our leg. So you'll see when Craig plays this type of guard, he'll initiate with his foot on the outside, but then he'll pummel it back to the inside. So if your foot remains on the outside, you're kind of baiting a leg lock battle, which again is becoming a viable strategy. But if your goal is to keep yourself relatively safe from counter leg locks, a better strategy might be to play something like butterfly half guard where your feet are both on the inside. But again this isn't saying that you're completely safe, because people can do crazy inversions and enter into your legs, or they can backstep out of your butterfly hook, which brings it to the outside, therefore they can enter back into your legs. But just as a general rule, if you're building your game around closed guard, that's fine, just be aware that you're susceptible to them falling back on a leg lock. And if this is something that you're concerned about, it might be better to play something like butterfly guard where both your feet are on the inside. Now mount and closed guard are very similar positions, and we just talked about how the person on top of closed guard has the ability to enter into the legs, and if the top person gets swept and now they find themselves on the bottom of mount, they still have those same entries into the legs, which is why the kipping escape is becoming more and more popular. So if we're trying to avoid the legs, we need a way to deal with this escape. Now you probably learned this outside elbow escape on your first day of jiu jitsu, where you trap your opponent's foot initially in 3 quarter mount, and then ultimately putting them back into a form of guard. What's interesting is over the past month or so, I've seen a couple people intentionally put themselves back in this 3 quarter mount position, and Oliver Taza used it to attack the legs himself. Now traditionally you see this backstep setup from a half guard situation where we free our knee and then backstep into our opponent's legs. But Taza set it up from full mount, and I think the reason he did this is because he felt his opponent getting a little too close to his hips, so he takes his foot and pummels it back to the inside position, which

prevents his opponent from doing the kipping escape. And because Taza has an underhook on this side, I think it was relatively low risk to dismount in this manner, and it ultimately allowed him to finish the match. The second person we saw do this relatively recently was Mikey, and against a leglocker like Imanari, it makes sense to pummel your foot back to the inside to avoid that exchange. And Imanari did a great job at preventing Mikey from getting the underhook, but that came at the expense of exposing his back, and Mikey took advantage of it to finish the fight. And you can see how both of these guys set up their finishing sequences by offering their foot to their opponent. So now let's say either we screw up and our opponent takes the inside position, or we just want to play some sort of guard that requires outside control like De La Riva. The primary concern we have is this backstep right into inside Senkaku. And this can happen fast, you see Craig reach through and pull the knee so that the knee remains facing Craig, and that allows for an easy backstep. If we go back to our Taza dismounted from full mount, you can see the position we end up in. Our knee is pointing directly at Taza, which makes it very easy for him to backstep. So if we have this De La Riva hook, it's really important that we keep our knee facing away from our opponent. And the more we can keep our knee facing away and pointed towards the ground, the harder it's going to be for our opponent to complete this backstep. A few tricks they can do is they can use their hand to hold your knee in position while they complete the backstep. Or as you hide your leg from the backstep, that means your other knee is now pointing towards me and I can use this backstep attempt to enter into your other leg. So just keep an eye out for that and people are going to have tricks to enter into your legs. As a general rule, you're going to be much safer if your feet are on the inside as opposed to the outside. And I think kind of the new wave of this is doing it from top position as opposed to bottom position. Now if you're thinking to yourself, man, this guy puts a lot of effort into these videos, I wish there was a way I could support him. You can always check out the Patreon. It's a great way to support the channel. Or you can just hit the subscribe button and like the video because there's still a large percentage of you that are not subscribed and it really does help out the channel. I hope you guys enjoyed the video and we'll see you in the next one.