

Metadata: <https://www.youtube.com/watch?v=XXp1TmUV4EA>

Right on guys. So now we're gonna be going over one of my favorite knee bars from on bottom I guess you guys can call it a heel bar. It's kind of like a heel hook and a knee bar combo It's one that I've used a lot in competitions and in training and definitely one of my highest finishes rates right as far as bars go So we're here in single leg X, right? This is a position. It's really easy to get to nogi, right? It's something that uh, oftentimes people even step into single leg X right from here in this position guys I'm going to pull on the knee and I want to do the same thing We were doing in all the other techniques and exposing the heel and pointing his knee in right like a reap Basically what my leg would do All right But instead I'm just gonna use my hand to do it Grabbing I use my middle finger too because it's the longest finger I wrap it as deep as I can in the crook of the knee and I pull Down with my elbow right and it should give a decent bend in the knee Just enough to where I can lift my hips and then get this heel hook grip, right? 99% of opponents are not gonna be worried here, right because this heel hook the knee line looks completely out He has the gravity on his side and it's really just not effective heel hook from here But what you guys know is that we're going for the heel bar, right? Not the heel hook So what we're doing we're pulling the knee and locking this up right here, right? Now when I pull the knee, I want to feel my hips This is gonna be hard to explain but I want to feel my hips. There's a line on his knee right here I can feel it. If his knee is completely out. I'm just on his fever and there's nothing here, right? So when I go for this knee bar, I'll be doing it on the shin Alright, but I don't need all of his knee line in I just need to feel with my hips the crook right where the bend right where the joint bends, right? So now is it bending right here? I know that his knee is just deep enough for me to get this knee bar and also he thinks he's still safe Right, so from here, I'm gonna take my foot anchor it down right here dropping my heel into the leg Now I'm going to continue to pull up the knee Continue to lock this up tight. And now when I'm ready, I'm going to take my leg That's making the butterfly hook and I'm going to swing it all the way over his body Right, this cannot be a slow movement It needs to be quick and it needs to be aggressive and you want to throw your leg as far as you possibly can To the other side of the body and with that being said my heel is gonna go straight to his butt Alright, so from here, I'm gonna bring my foot out all the way around Right, and I keep this heel hook grip right here tight. Turn a little bit Come back a little bit. So you start from here. I come here. I come out I'm keeping this heel hook grip tight Right, if I don't have this heel hook grip and I just go like this and I go for the knee bar It would never work, right? But because I have this heel hook grip, it's keeping his knee line in, right? So from here, I'm just gonna Search all the way and then take my heel and anchor down right here on the bottom of his hip, right? Now I keep turning with the heel and then I'm gonna keep moving my hips on top well, right, it's a super fast aggressive knee bar and It's one that comes on super quick and scares your opponent right here. Well, he thinks he's safe, right? I have the bend in the knee. I have the grip on the heel. When I'm ready, I'm just gonna throw my leg around Focusing on letting his kneecap go right into my right in my groin area, right? And now I'm throwing my heel straight to his butt, right? And the more I can get my hips on top of his knee on The turn the more I come on top the better, right? So we're here. I pull the leg Right Right and now as soon as we start to fall to this side, I pull the heel and I start to just barely Put effort into pushing into the kneecap, right? And it's important as I'm using my hips in the kneecap I'm twisting with the heel So it's not just a knee bar. It's also a heel hook, right? It's the twist in the knee One more thing that happens A lot of the times once the Thai start setting up this outside heel hook, the opponent's gonna as a defensive standpoint They're almost gonna do it for you where they're gonna try to put their foot and start turning into it, right? So with that being said once you get the heel grip, you're gonna ride that momentum And come on top. And as soon as you guys come on top, move your hand so I don't hit it. Boom! Chopping. I chop really as hard as I can at the hip, right? And because it looks like a very shallow knee bar But because I still have the rotation in the heel, his ligaments are getting all twisted up, right? Super

aggressive and super tight. This was the same set of tightness for the Paulo Miao Knee bar, that first ADCCM, the same one for Levi as well, right? Yeah. Yeah, exactly The Levi is very similar to the one I did with Paulo. Let me show one more thing real quick Once you guys get here And you guys get your hips on top, you can readjust as well. I throw Boom, I bring my elbow back in and then if you guys need to, this is what I did with Paulo, was I readjusted, right? I got a little deeper and I got my hips up on top Once you guys are here, obviously you guys have a complete knee bar, super tight, where you can get full extension But from here, I get to finish more times than not I chop and I use the heel hook and still pushing into the knees by hips I would say this is what the Levi submission was looking like and the first one was the Paulo one. Yeah, very effectively