

Tom Foot Lock From Open Guard

From open guard, opponent is placing his feet on your hips for his set up.

As your right elbow gently sweeps his foot off your right thigh in a small circle, sit in a Hung Gar stance, knees pointing out, head over hips and....KEY POINT > crunch down while maintaining correct posture in a horse stance and trap his foot, sandwich his foot between your chest and your thigh. This is the key. Once his foot is trapped while in your stance, you are 90% there.

Your right elbow is on the outside of his left foot, and your right hand is ready to scoop up his ankle to set the foot lock.

But not yet, don't rush and don't give away what your setup is yet.

There is one more key step first. Your left hand must control his right leg and keep it off your hip. Once it's off your hip, take your left hand and cup his left thigh-cross cup his leg. Now you have the perfect "set up."



