

## Back Take LockDown Joe Rogan

From you trying to get the mount, (¼ guard) your opponent captures your left ankle with his left leg top position and right leg bottom position, with his right leg locked outside his left leg. Wrap the back of your right knee over your left instep (triangle) and place your right instep over his bottom cross side right instep. This is the lockdown set up.



Take your top left arm and cross it under his cross side left armpit and that allows you to roll into a modified back turn. Keep your legs in the lockdown position.



Continue to roll until you have his back with your left arm under his neck for the choke.



Get your right hook over his same side right hip. Your left arm is under his neck and your right hand goes under his same side right armpit and your right hand Gable grips your left hand for the submission. It's a little bit of a back twister so be careful not to hurt your partner.

