

## **Four Part System Danaher**

BJJ is a systems based approach to fighting, based around 4 distinct steps.

First, take opponent to the ground. It's safer and less things can go catastrophically wrong.

Second, get past your opponents legs. They are dangerous.

Third, work your way through a hierarchy of pins where the pins are graded in value.

Fourth, submit your opponent.

Where do leg locks fit into that system.

80% of leg lock entries come from the bottom position or their opponent behind them in what you might think are inferior positions. The goal is to learn how to get into leg locks while in a disadvantaged position.

By adding leg locks, you change the nature of the sport. BJJ is practiced as a single direction game. It's about movement from the legs towards the head. Pass the guard, work your way up to chest to chest contact and get your head next to their head in front or from behind, either mounted or rear mounted. BJJ always goes in one direction. If you get stopped or lose position, you just start the process all over again. A mono directional sport. Always goes from the legs to the head. Once you start adding leg locks into the game, BJJ becomes a two directional sport where you can go from the head down to the legs. You can go in both directions. If you can't pass someones guard, you simply fall back and begin to attack his legs. If you have them in side control and they begin to recompose their guard, you can fall back on their legs going from their upper body to their lower body.

You can play your opponents reactions between the threat of lower body and upper body. This opens up submissions so much more easily