

Mastery Jiu-Jitsu:

SPORT BASICS. Gi: DEFENSES.

SBGD

LEG LOCKS

15. Ankle lock:

- Early escape.x2.
- Get up escape.
- Late escape.

16. Toe holds:

- Standing counter.
- Rolling counter.

17. Knee bar:

- Early escape.
- Late escape.

18. Heel hooks:

- Early prevention.
- Late escape.

