

The Mikey Lock - Mikey Musumeci

- **SO, WHAT EXACTLY DO YOU GET?**

- PART 1**

- **INTRO**

- **ENTER THE MIKEY LOCK**

- **OVERVIEW**

- **STEP 1 LEG CONFIGURATION**

- **STEP 2 GRABBING THE HEEL**

- **STEP 3 ELBOW PLACEMENT**

- **STEP 4 HIP ESCAPE**

- **STEP 5 ALIGN FOREARM TO LEG**

- **STEP 6 HEAD ON BIG TOE**

- **STEP 7 LOCKING THE FIGURE FOUR**

- **STEP 8 X LEGS**

- **DRILLING THE STEPS**

- **BREAKING MECHANICS**

- **INTRO TO BREAKING MECHANICS**

- **SANDWICH THEORY**

- **DORSIFLEX**

- **PLANTAR FLEXION**

- **WHAT MAKES THE MIKEY LOCK DIFFERENT**

- **PART 2**

- FRONT FOOT FINISH**

- **FRONTSIDE INTRO**

- **FRONTSIDE LEG POSITIONING**

- **BASIC FRONT FOOT FINISH**

- **SANDWICH THEORY BASIC FRONT FINISH**

- **BASIC FRONTSIDE KNEE FINISH**

- **OVERVIEW COOKBOOK TUTORIAL FRONTSIDE FOOT FINISH**

- **STEP 1 CONNECT COLLARBONE**

- **STEP 2 TAKE ELBOW OUT**

- **STEP 3 BRING HEAD DOWN BIG TOE**

- **STEP 4 PINCH SHOULDER AND HEAD**

- **STEP 5 BRIDGE INTO KNEE**

- **STEP 6 BRING HEAD TO FLOOR**

- **STEP 7 RAISE ELBOW UP**

- **ALL STEPS IN ONE**

- **SANDWICH THEORY FRONTSIDE FOOT MECHANICS**

- **FRONT KNEE FINISH**

- STEP 1 COLLARBONE CONNECTION
- STEP 2 TAKE ELBOW OUT
- STEP 3 BRING HAND DOWN BIG TOE
- STEP 4 BEND TOES WITH HAND
- STEP 5 RAISE HEEL
- STEP 6 PUT HEAD TO FLOOR
- STEP 7 BRING HEEL TO MOUTH
- STEP 8 BRIDGE HIPS INTO KNEE
- SANDWICH THEORY FRONT KNEE FINISH
- FOOT KNEE FINISH DILEMMA

- **INVERTED BACKSIDE**

- INVERTED BACKSIDE INTRO
- FINISHING FROM INVERTED BACKSIDE
- INVERTED BACKSIDE BREAKING MECHANICS

- **BACKSIDE**

- BACKSIDE INTRO
- BACKSIDE FOOT FINISH MECHANICS
- BACKSIDE KNEE FINISH MECHANICS

- **PART 3**

- ENTRIES**

- K-GUARD**













- GRIP FUNDAMENTALS
- FRAMES
- CONCEPT VIDEO
- OVERVIEW K-GUARD
- ELIMINATING FRAMES CLOSED GUARD TO K GUARD ENTRY
- K GUARD ENTRY
- ALTERNATIVE GRIP
- SECOND VARIATION ENTRY FROM K GUARD
- COMBINING BOTH CONCEPTS
- ROLLING REACTION 1 STOPPING THE ROLL
- ROLLING REACTION 2 BEATING THE ROLL
- FULL ROLL – COUNTER THE ROLL
- ROLLING USING FOREHEAD
- OPPONENT SITS DOWN
- OPPONENT SITS DOWN WITH HEAVY LEG
- STANDING K GUARD ENTRY
- HEAVY FOOT STANDING ENTRY
- HEAVY FOOT DUCK UNDER ENTRY

- **PART 4**

- KNEE SHIELD**

- KNEE SHIELD ENTRY
- KNEE SHIELD VARIATION 1 HEAD ALIGNED WITH SHOULDER – UNDERHOOK LEG – LEG INSIDE
- KNEE SHIELD VARIATION 2 OPPONENT DROPS WEIGHT – ADD REVERSE BUTTERFLY HOOK
- KNEE SHIELD VARIATION 3 OPPONENT SITS DOWN
- KNEE SHIELD VARIATION 4 TURN KNEE AND SHOULDER TO GO ON SIDE
- WORLD 1 TO WORLD 2 TRANSITION
- **REVERSE DE LA RIVA**
 - REVERSE DELA RIVA FRONT VARIATION 1
 - REVERSE DE LA RIVA BACKSIDE
 - STANDING VARIATION
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Proof Content

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