

Erik Paulson grabs his opponent around the waist (1), rolls back (2), traps the leg (3) and applies a nasty lock (4).

Part 3: LEGLOCKS

Demonstrated by Erik Paulson

WHEN DEALING WITH AN OPPONENT who is not wearing a gi, the chances of getting a submission technique are dramatically reduced. To make matters worse, the whole issue is even more complicated when trying to get a hold on a strong limb like the opponent's leg. Not only does your grip on his leg and hips have to be perfectly adjusted, your own hip position has to be altered to better fit the technique. And that's where Erik Paulson comes in.

In this final installment, Paulson, a world "shooto" champion, demonstrates clearly how to attack the legs in a no gi situation. He shows how to finalize an opponent via leglocks.

The legs are one of the most vulnerable parts of the body ... if attacked properly.

Unfortunately and surprisingly, many fighters neglect these targets. Because most do neglect the legs, every fighter is extremely aware of the danger as soon as someone gets anywhere in the same zip code. Thus, there are several things to keep in mind when going for leglocks.

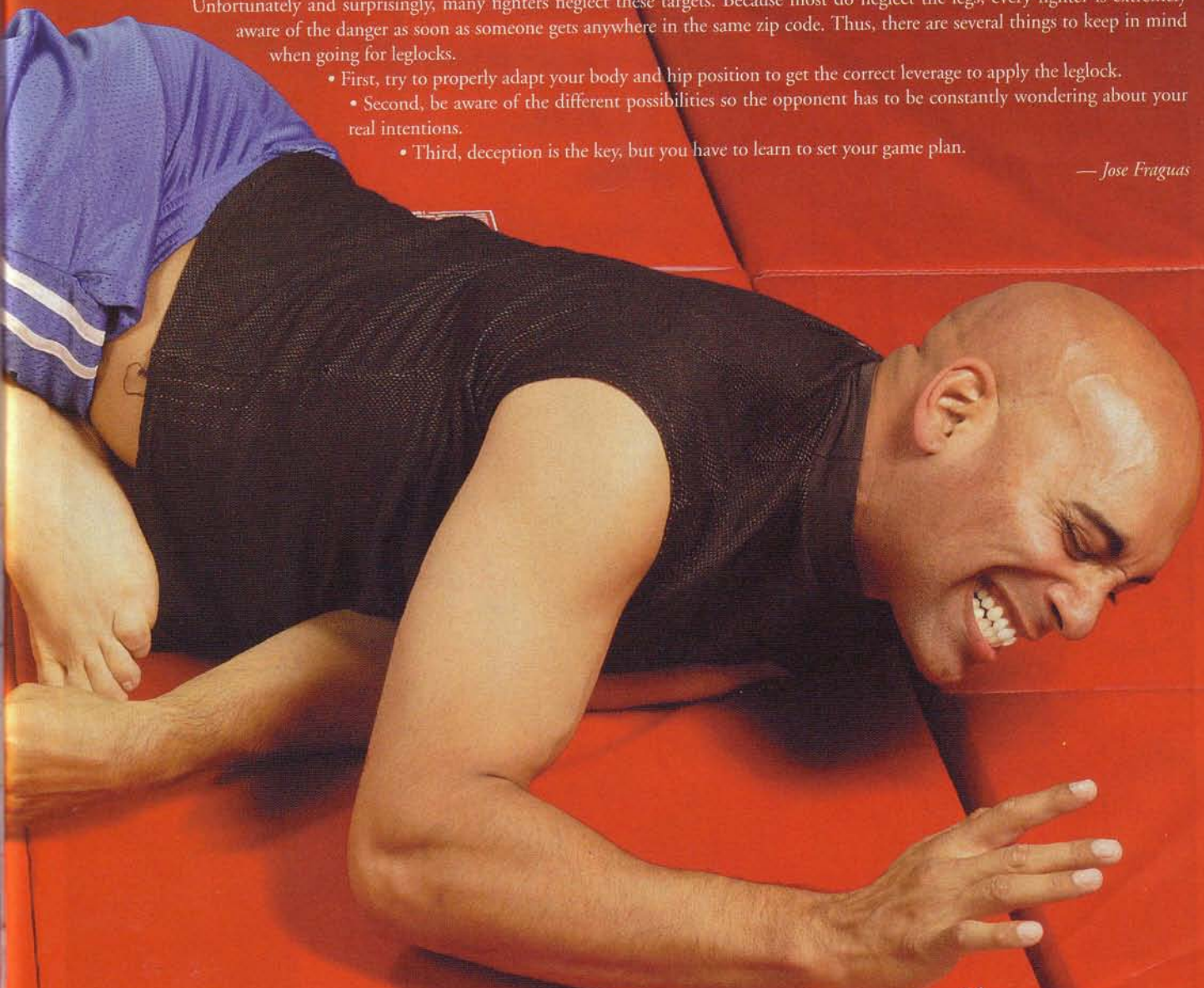
- First, try to properly adapt your body and hip position to get the correct leverage to apply the leglock.
- Second, be aware of the different possibilities so the opponent has to be constantly wondering about your real intentions.
- Third, deception is the key, but you have to learn to set your game plan.

— Jose Fraguas

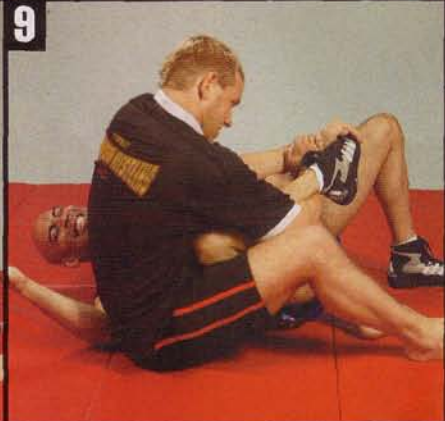
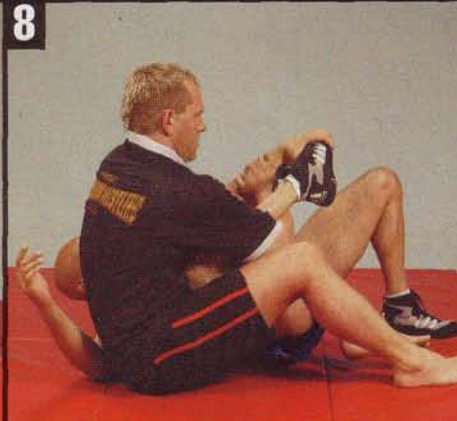
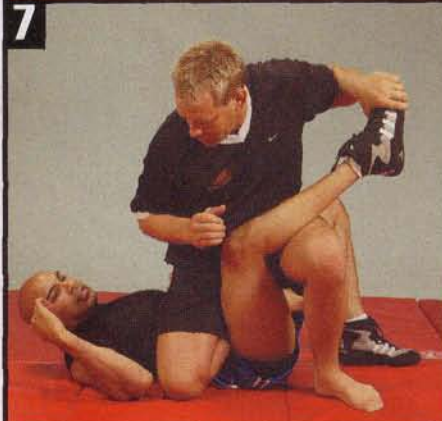
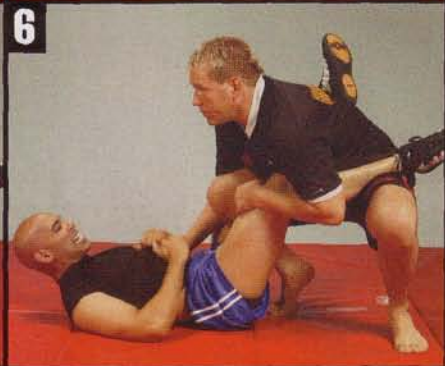
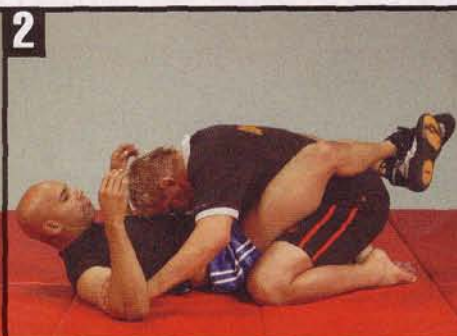
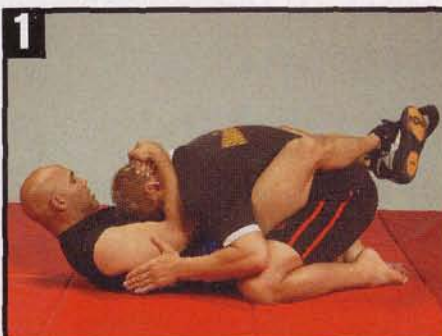
Highlights of a Champion

Following are a few of Erik Paulson's career highlights.

- Light heavyweight shoot wrestling champion (1996)
- Currently, mixed martial arts trainer/instructor
- Gives seminars for civilians and law enforcement
- Among other styles, Erik Paulson has trained in judo, taekwondo, Brazilian Jiu-Jitsu, jeet kune do, kali and silat



NO GI X-TREME SUBMISSIONS



Erik Paulson is in his opponent's guard (1). Paulson moves his arms to the opponent's biceps (2) raises his upper torso (3) and shifts onto his knees (4-5). While securing the opponent's right leg, he prepares to swing his right leg over (6). Paulson traps the opponent's leg (7), swings around, secures the leg (8-9) and puts the finishing touches on the leglock (10).

He Said It

Following are some of Erik Paulson's quotes, thoughts and ideas on training, fighting and competing.



• Striving for Perfection

"The instructor's personal training has to be different than the teaching aspect because it's a different thing. Your training can't be your teaching in class. Training and performing while you teach is great and will keep you going, but your personal training has to take you to the next level, a higher level that can't be achieved just by training with your students while you are imparting knowledge to a class."

• When to Attack

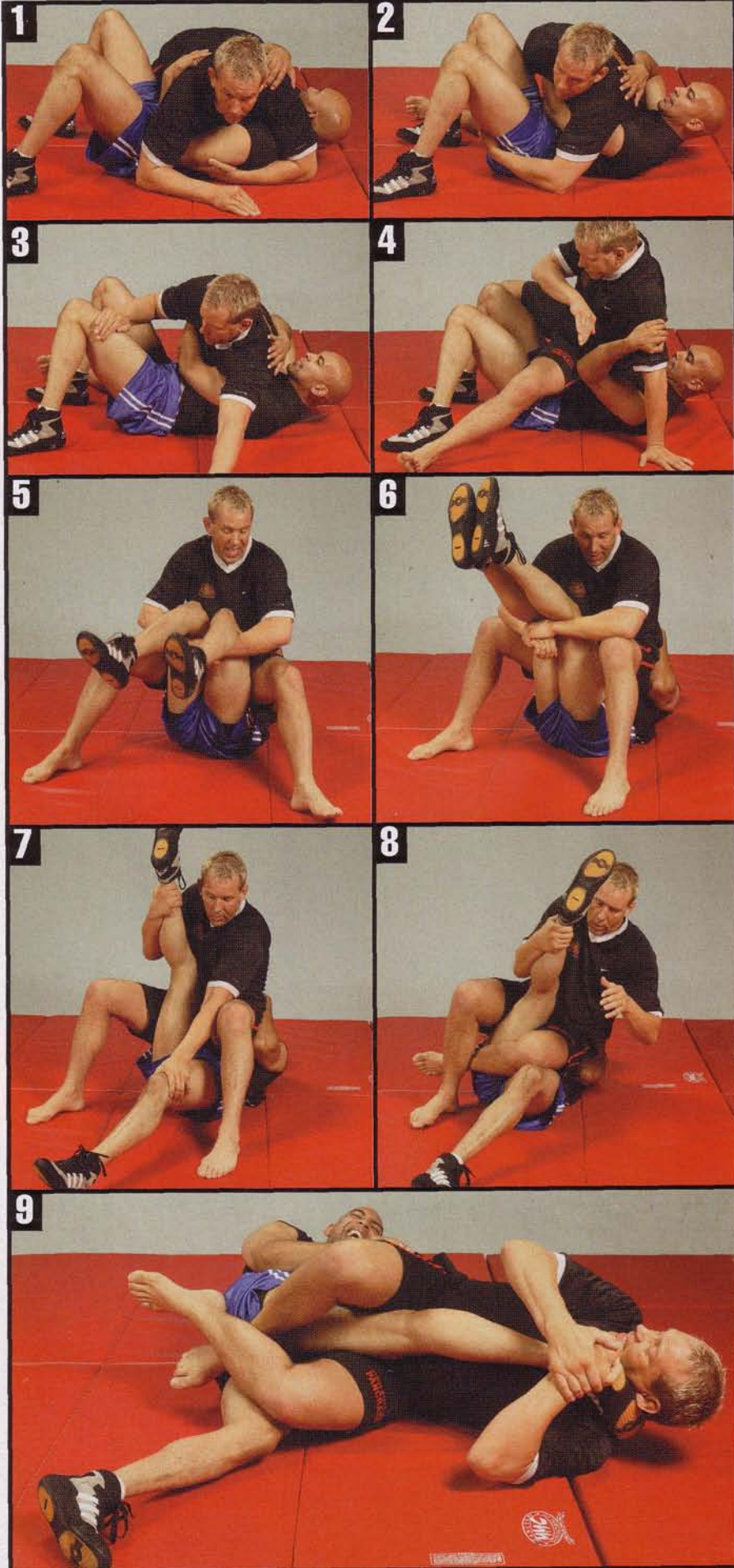
"I'm a counter fighter by nature, so learning how to wait for the opponent to attack me is my main interest. I let the guy come close to punch me, kick me or take me down and that is when I reverse the situation and come up on top."

• On Mixing Styles

"I don't see any problem or boundaries, as long as they [the styles] create and fit into a compact and cohesive fighting structure that can be used in a fight against a skilled opponent."

• Fear

"I always feel fear. It's a natural thing and a human sensation. If someone says he doesn't feel fear, he is lying. Do your best in every training session, in every drill, in every move. Knowing that you are ready will bring confidence, and that's the key to overcoming fear."

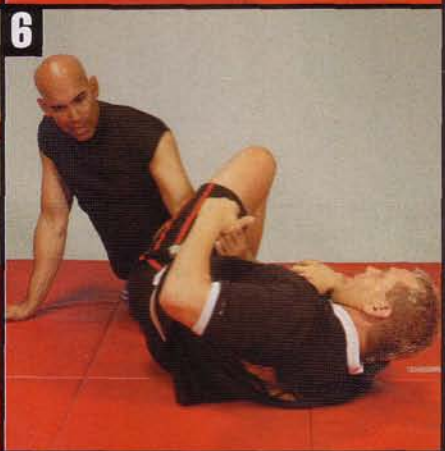
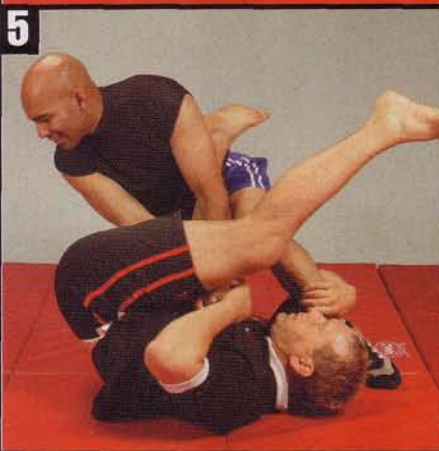
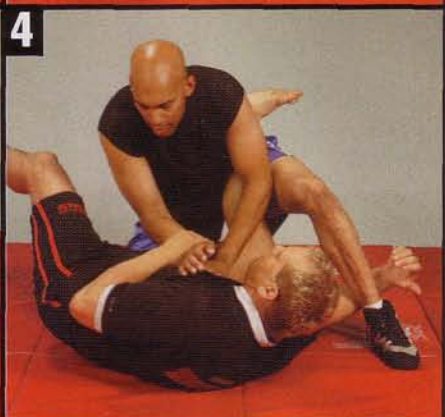
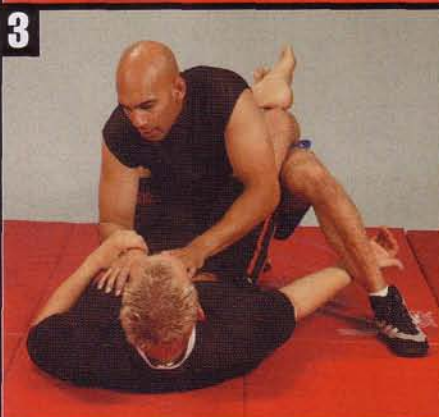
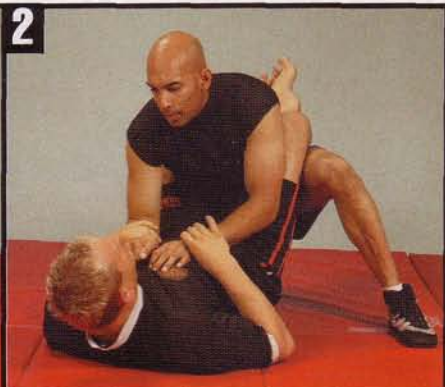
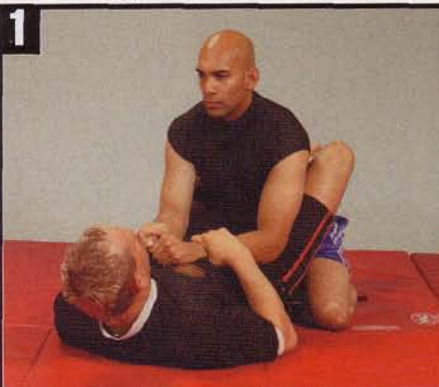


Erik Paulson establishes side control (1). He places his left arm on the opponent's left leg (2) and then moves his left arm out for balance (3) as he swing his left leg over the opponent (4). Paulson straddles the opponent and secures the legs (5-6). While holding the right leg up, he pushes the left leg down (7) and then traps the right leg with his left leg (8). Paulson leans and cranks on the leg (9).

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NO GI X-TREME SUBMISSIONS

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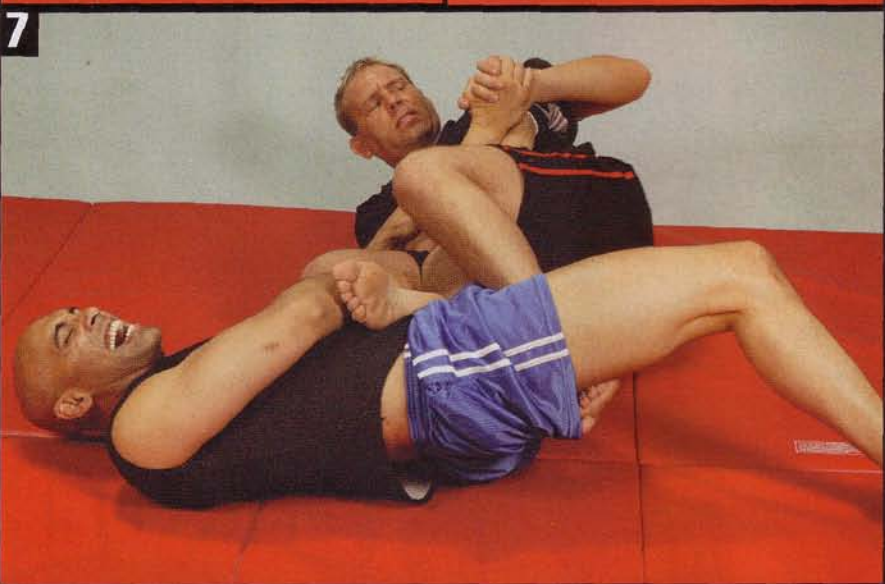
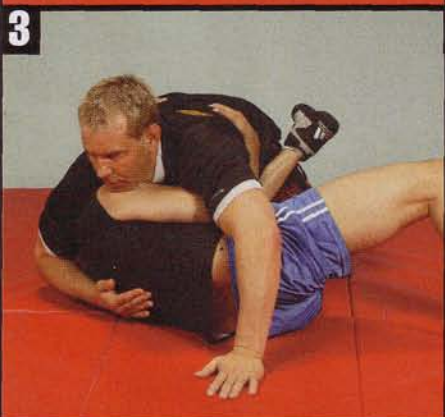
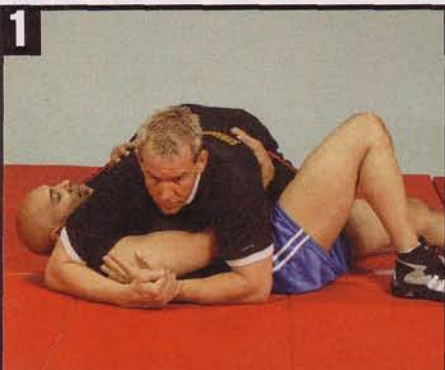


The opponent is in Erik Paulson's guard (1), and he attempts to escape (2). Paulson reaches for the opponent's left leg (3) while he starts to shift his body (4). While securing the opponent's left leg, Paulson swings his legs over (5) and down (6). He's now in position to execute the leglock (7).

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NO GI X-TREME SUBMISSIONS

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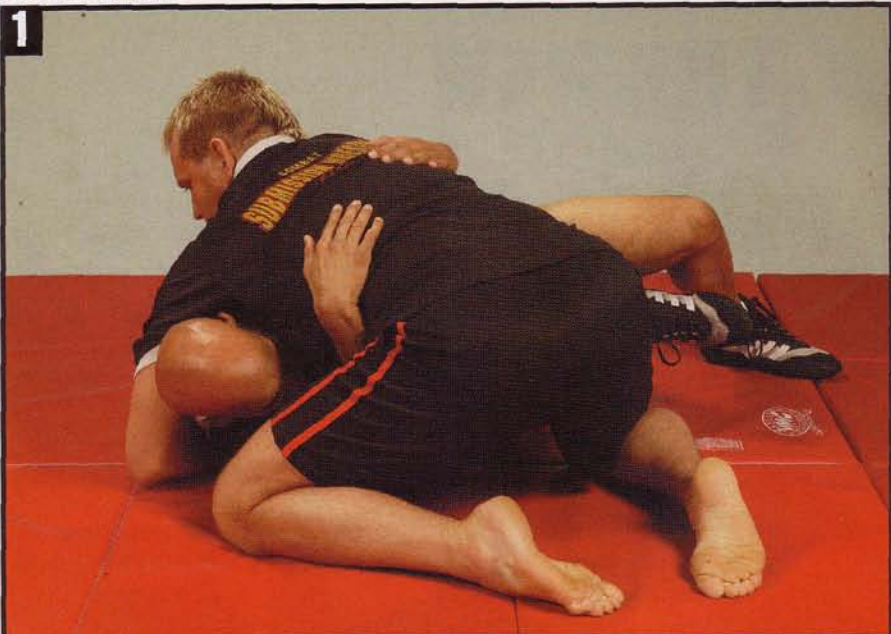


Erik Paulson secures his opponent from the side (1) and traps the arm, pulling the opponent up slightly (2). Paulson stabilizes himself with his left arm (3) and raises his left leg (4). Notice how he's trapped the opponent's left leg. Paulson secures the opponent (5), leans back (6) and finishes the deed (7). How effective is this one? Check the opponent's face.

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NO GI X-TREME SUBMISSIONS

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Erik Paulson secures his opponent from the side (1). Notice how the opponent's right leg is trapped. This tight view shows how the hold is secured (2). In this reverse angle, you can see how Paulson has trapped the leg (3). Paulson prepares to lay back (4-5), and then he executes the lock (6).