

Metadata: <https://www.youtube.com/watch?v=RJhQUW0j0AA>

Okay, so here's a variation when I catch the head and the arm from standing. Either he shoots on me, I snap his head down, and I make a connection. I'm going to go for a butterfly sweep towards the side of the hand that is wrapping the neck. So in this case, I get to this scenario where I have this hand wrapping the neck. This one is around the arm, so it's like an arm and guillotine, okay? And very quickly, I'm going to do it slow right now, though. I'm going to sit, okay, and swing him towards that side. Now, this hand has an opportunity to start to shoot through, gripping the back of his head like this, posting, and switching. And I'm right there in the dodge jump. One more time. Just keep your partner—he doesn't have to shoot fast when you're learning this. Just start like this, nice and calm. You have the head with your left hand. I have the arm with my right hand. I have a grip. I'm going to sit, okay? Now, when I sit, I'm going to straighten this leg, and I'm really going to use the right leg to make sure that I fling him. In this case, to my left. So I'm here. This hand shoots through. I look at my legs. They post and they adjust so that I can have base here, and the dodge jump is right there. Of course, if I need to go to the biceps to make it a little tighter, I can always do that, but you should land right on the dodge jump. Let's do it one more time a little faster.