

Metadata: <https://www.youtube.com/watch?v=8wyooSmRBOA>

All right, guys, next, very similar to the mat, we're going to do an arm drag into a Darce, OK? From here, I'm just going to turn my wrist and grab his wrist, grab his elbow, and I'm going to pull. But when I pull, instead of pulling myself back to grab a body lock, I'm going to pull him past me, turn my arm in, pull his head down. One, two, there's another standing Darce, just from an arm drag position. So we're here. One, turn, pull, shoot. One, two, there's our squeeze. We're Darcing once again, OK? So again, we're here, we're going. One, my hand comes out, my inside arm comes in, shoot, shoot, we're here, OK? One, two, one, two, squeeze, OK? Let's flip it a little bit so you guys can see. We're here, OK? One, two, pull, and I turn my hip. Pull, and I turn my hip. One, two, squeeze, OK? Right here. Pull, pull, turn my hip, squeeze. All right, try it out, arm drag Darce.