

Metadata: https://www.youtube.com/watch?v=9nZjRxc_hPg

Number two, I do push his face away, but like I addressed before I don't go in one long movement Because he can't yes to something like that All right, I'll do it and that's so your arm is controlled as long as you elbow pass his wrist so what I'll do in small increments, I'll try to get my My elbow out once I got my elbow out I'm good to go All right I can get to him on him. You know I'm saying So it's basically freeing the elbow just again try not to do it in one committed to long pool Try to move small increments you get over here. Oh right here You can go back to neutral or you can reply on your own Another little option which you can do right you get that wrist I can get the wrist not the head you get the wrist in small increments And as soon as I as soon as I get my elbow, I will speed my own and I will drag Benny Small slow movement guys don't get too greedy what she got me here had control wrist control right? And I redrag right to our fight ways