

Metadata: <https://www.youtube.com/watch?v=Bc0kJX1T060>

Okay guys, I'm here today with Henry Cejudo, a huge honor for me. Guys, the best combative athlete in the world. He's an Olympic champion in wrestling and two times UFC champion. And today he showed an entire instructional all about single legs and how to finish takedowns for fanatic wrestling and BJJ fanatics. And I'm very excited to learn from him. Yeah, absolutely. I would like to go over a scenario when we do get caught in wrestling positions. And how is it that we can finish and still come up top, especially from an extended position when the opponent sprawls on you. So again, guys, I got wrestling takedowns and finishes. You know, and also now we have the whole mindset that just came up. But anyhow, let's get straight to it. What I like to do is once I get on the high cross and end up in a scenario where my opponent is sprawling on me. What is it that I'm gonna do? Instead of just getting my shoulders ripped out underneath me, there's a way that you can do it where you're gonna be able to get the takedown. So again, I see the high cross of my opponent. He sprawls just a tad bit. What I'm gonna do is I'm gonna create space with my body. I'm gonna reach around this way and I'm gonna lift. I'm gonna lift this way. I'm gonna plop his legs on top of mine in order for me to get the takedown. Man, that's awesome. So one more time. So I'm here. When my opponent sprawls on me, I'm gonna have to come up to the other side. I'm gonna lift it. I'm gonna pick it up. I'm gonna bring this elbow back to my chest for the takedown. So you go all the way down to the other side? You have to. You have to because you're here. The only way you can go is this way. So when you're extended here, you're gonna sprawl just a little. I got to bring my body to this opposite side. And my leg is completely trapped over here, right? I'm trapping you here and then I'm lifting you like so for the takedown. Man, that's awesome. That's awesome. So every time you go to the single leg, if you can't finish because your opponent sprawls and you have the head outside, you always go all the way down to the other side? Yeah, you have to. Again, I wouldn't recommend this scenario for you to fall in love with it. This is when it's do or die. You're losing the match. And I talk about all this because I'm also a realist. If you don't want to do this technique, you have nowhere to go. You're either gonna give up the takedown or you're gonna try and try to get your own takedown. Man, that's awesome. Yeah, so guys, this is one of the techniques from the newest instructional video that Henry just shot today. All about single leg and how to finish. So it came out really, really good and it's gonna be at Fanatic Wrestling and DJFanatics.com very soon. So thanks so much, Henry. Yeah, no problem. Thank you, guys. I'm excited to unleash everything that we've done here today. For all you grapplers, all you wrestlers that need help, I'm breaking it down to a tee. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed.