

Metadata: <https://www.youtube.com/watch?v=0tu8xdJ5h1o>

Here we go, even continuity here for counter-escapes, okay? So I'm gonna show you here a nice one, okay? One I learned on wrestling practice. Really good, really good, works for me, great. So check this out. My guy gonna be holding my body here, okay? I just showed you dropping the knee here, right? And putting pressure on the grip till he breaks. So what I'm gonna do here is a little different, right? So when I'm here, I don't wanna keep my feet parallel. I wanna be more on the side in this situation here. So this leg here, I'm gonna step through his legs, right? So I'm here, look. Once he got here, through the leg. So I'm gonna roll his grip, top grip here out till I can break. Of course, I'm gonna give some grip here. And also I'm gonna turn around, drop and hold the knees, right? Then I hit the shot right away, right away, okay? So my guy gonna hold here, gonna hold his hands here, start working on the break. Step in, force my hips forward here till I feel the relief. Drop down and grab. All right? Just shoot from there, just pull the knees up. Guy gonna drop, okay? So another shot here. Juninho gonna go to my back. Go here, gonna open my leg between his legs, gonna break his grip. I'm gonna turn around, drop, hold, right? And drop him down on the shot. Simple like that, okay? So a couple more here, Juninho goes. Now he's low here, trying to get a better base, get a better balance here, okay? Step, whatever side feels easier, okay? It don't have to be your side, whatever on the situation that feels easier. Grips here, pump my hips to break, turn around, drop, hold the knees right in front of you, and just drop him down from that. Nothing new, right? So here we go. Turning around to the shot, boom. Hey.