

Metadata: https://www.youtube.com/watch?v=0USkh4_dt2g

This one is the simple that we have. So, I'm here on the bottom, I switch my heels, control his hip, and pass my opponent. But, right now, he just blocked me with hands. His hand, he make a good base, like that, so don't sweep him. So, now, I just put my knees on the mat and take him back over here. Control. Soon as I have this, I will switch my heel here. My foot was outside, I will switch inside to be here. So, how I do that? I use my knees, so I just move both legs, both feet. They are here, I just turn to the other way. Now, I can sit to take his back. And put both hooks. One more time. Switch the heels, control, arm in, try, try, but he have a good base. Now, I just take the back control, but I like to grab the lapel here, over here. When I have this, I just switch to this control. Now, I can sit and kick at the same time, the other leg. I extend my leg here. Sit belt, both hooks. So, one more time. I'm here, arm switch, control, kick my leg out. Try, swing him, just switch, make the control here on the lapel and switch my hook. Now, I will put my butt on the mat and kick at the same time the leg. Hook in, arm on top, sit belt, both hooks. One more time.