

Metadata: [https://www.youtube.com/watch?v=\\_4jDUxFg7uU](https://www.youtube.com/watch?v=_4jDUxFg7uU)

Let's start off now and continue with looking to bring feet back inside from the initial outside position. So we look at bringing feet back to the inside with tripod sweeps and various moves here. Now let's look at another way to bring our feet back to the inside position. This time we start with an outside delta heave up. Now we're going to come through, we're just going to lock our two feet like so with the outside leg in this case on bottom. Now my partner can be relatively upright or she can be crowding me with hands inside. We're going to look at both cases here. For the first one, she's going to be relatively upright, not really doing too much, and I'm going to look to start to off balance my partner. The big issue is if she's on balance, it's hard for me to pummel my leg to the inside because she just windshield wipers her arm and it's hard for me to get that leg back to the inside. Okay, so I have to get her hands facing out for balance with an initial kazoo she. So all I'm going to look to do is I'm going to look to take my, the inside of my, anywhere from the inside of my calf to my knee and place it on my partner's knee. Now from here, all I'm going to look to do is I'm going to lever my knees to the outside. As I do this, I put tension running through my partner's leg and I lean over to my left hip with those concave shoulders and this will force a backstep and my partner's hands will come out of position. Okay, this is very fast. The hands go in and out of position very quickly. So the second you hit an off balance, your cue to start pummeling legs is that backstep. As she goes to hit that backstep, I pummel my leg to the inside and now from here you have a variety of things you can do. Because her hands aren't in position, you can go tripod sweep and start to get her off balance or you can bump your partner forward and look to start entering into legs on either side, either here or moving into X guard on the opposite side. Okay, so it looks very basic but it can get you a long way. We come in, she steps the leg to an inside foot straight hamstring for her and an outside delta heeler for me. So we start off initially, we're playing in here and we come through and we lock. Now as she goes to play, we just off balance in this direction and the second she backsteps, we take our leg back to the inside. Now as she goes to recover, we immediately pull my partner forward and go into all of our various attacks. This is a very, very valuable, I know it looks very basic, but it's a very, very valuable weapon to have in your arsenal. She goes to walk in, I try to pummel my legs inside, I feel like I can't do it, I'm getting tired from here, so we just come through, our legs come back to the inside and we're ready to go into attacks. Okay, so going outside to inside.