

Metadata: <https://www.youtube.com/watch?v=qq1LScm50Ow>

We just worked on a short arm drag that took us up to the kind of front headlock position where we're able to attack guillotines and honestly you're able to attack really whatever you like to attack from that position. I really like to attack my partner's neck, go right for the neck and attack the guillotine. But another situation or kind of instance that you can run into is when you're kind of not in front of your partner, your partner doesn't correct the position right away and you're kind of teed up to your partner. In that case you're in a great position to start to attack the crucifix position and a particular armlock that I really like from that spot. So we're going to start the same way as before, maybe we'll change the angle a little bit. So here my partner is getting a grip on my pants or posting an arm down to the mat, he's driving in hard. So from here we make our grip, leg comes outside, throw everything down. From here a lot of the times when my partner's trying to be heavy his arm is automatically going to get stuck in between my legs and that's perfect for me. From here he's going to keep his base and I'm just going to look to cross my ankles and extend my hips and hit a really tight armbar. From here if that doesn't work there's lots of other transitions that we can make. We can start to attack our partner's neck, we can come all the way around a turtle but this armbar is kind of a freebie if his arm is stuck in between your legs. So we cross our ankles, extend our hips, drive in and finish. So again, we go, my partner's grabbing really hard, his arm's straight, all of his weight's in me. Scoot out, catch, his arm might come forward, if it is forward it's not stuck in between yours. I can just scoop it up with my leg, I'm going to cross my ankles, make a seatbelt on my partner's arm, drive my hips down and finish. One more time, my partner's grabbing, posting, leg to the outside, throw the hips down. From here we catch, if we don't have the arm trapped already, make the seatbelt, drive our hips in and finish.