

Metadata: <https://www.youtube.com/watch?v=Q8odQwIPzkk>

All right, so we've been working from the hip clamp position there. So we're going to work a little bit from there, but more, let's say that you're in the hip clamp and you want to go what I call for the shoulder cut basically. So in this move that we're getting ready to do, I'm actually going to bail out of the hip clamp. I'm going to go to half guard and then I'm probably going to come back to the hip clamp again to get into this. So from the hip clamp position here, we've gotten in here basically, all right? So before we went to key lock to straight, now we're going to go into the shoulder. So depending on what you're, what, you know, how, how limber you are to get underneath of here, you know, body types will pay a big difference on whether or not you keep this hip clamp. I hope you guys are able to keep it because if you are, then you're going to be able to finish this a lot quicker. So what I do is I get this deep overhook and I almost pull my knees up to my chest. Then from here, I'm taking my outside hand and I'm coming up right to the shoulder here. Now as I go to here, notice that I do my hand straight. As I pull it in, I'm going to make a fist. Then this other hand is going to go to his neck. I'm going to pull it in super tight and then I'm going to make a turn down. I'm actually going to pull my arm down. So just so you guys can see what I'm doing here, as I come through, I'm here, okay? As I'm pushing him away here, I go here, a fist, and I'm like this. You can stay in constant contact. What you're doing is you're trying to drive the wrist and the forearm bone into the muscle there, really pulling super tight, sucking them into you. So let's go over it again. So we're here, hip clamp position. Again, for my guys who are a little bit bigger, what we're going to do is we're going to get this deep overhook and I'm going to pull my knees up to me, right? See all this space that's here? So now I'm going to come in. This arm's going to slide back and I go right here at the shoulder, right? Right underneath his armpit. I'm going to put my hand straight. I make a fist here and here. Then I'm going to pull this into me. I'm going to pull it into me and I'm going to push away and saw, okay? Right there. Let's go again. So again, hip clamp position here. Deep overhook pulling into you here, right? I'm going to pull my knees up to me as much as I can and this outside hand is going to come through. Again, get it as deep as you can, hand straight, then I make a fist as I pull it into me, thumb pointing towards me, right? Then as I push on his neck away from me, I'm going to start turning down and I do this saw motion. Again, hip clamp position. Remember guys, bring your knees up to you here, get a deep overhook, come up, drive in, hand straight, make a fist, push away, and saw. Okay? One more. Again, pull him up, come through, hand here, push away, fist. The reason I make a fist here is I want to be able to really drive this down here. So I take my thumb and I bank it down to my face and then I saw, right there.