

Metadata: https://www.youtube.com/watch?v=b_9lp1ivs20

All right, on the previous technique, we learned how to club, get the C-grip, and then approach for the single leg. But it's not every time that you can club your opponent, right, and sometimes you have some distance here. And this is one technique that I really like to do. It's so simple and so effective, okay? So you see my stance, I have my right leg forward, he has his left leg forward. But I don't really care which side he is turning his leg. He can turn the other way around, like this. For me, no problem, I'll keep my same stance. I don't need to change my stance when he changes his stance, okay? So I keep the same stance right here, all right? So keep the other leg forward. So I'm here, okay? With my outside, the side that I have behind me, which is my left side, okay? The leg that's behind me, my left arm will reach him, okay? And like I mentioned before, my right arm is gonna always protect me here in case he shoots, okay? So I'm gonna push his shoulder, the same side shoulder. Don't try to push the cross-side shoulder. If I push the cross-side shoulder, he can use this hand right here, push me out, and then he's gonna start attacking, okay? So I must push the same side shoulder, okay? And with the hand that's protecting my leg is the hand that I will attack him, okay? So when I push him really hard, he's gonna put all his weight on this leg right here. And that's what I want, because I want this leg super light. This is how you can shoot a single leg effortless, okay? So you use no effort to grab this leg, okay? So you don't wanna do like this and try to climb up and then start standing up while your opponent is sprawling over your head, okay? So you're here, you just push really hard. So you're stiff in your arm, okay? And you push really hard. So he's gonna do this, okay? So when somebody pushes my shoulder here, and you see he's like, Mateo's pushing my shoulder, push me back, make me walk back. I'm always gonna step like this. When he's pushing me here, I'm never gonna step like this, okay? I'm always gonna put more weight on this leg, okay? So when you push, I'll put more weight on this leg. So you gotta understand this. When I push Mateo, he's gonna put the weight on the leg that's behind him, okay? Like this. If you change the stance, change your stance, same thing, you push this side, now the weight is on that leg, okay? Like this, okay? So knowing that, with that being said, so I push him and now I got the single leg, okay? I'll go from the outside, like this, okay? In this case, I go from the outside because this leg is four. So I push, catch, and then I pinch my knees. If you change the side, I push, okay? And I catch the foreleg as a high C, okay? And I go here, like this, okay? And when I grab his leg, it's like an arm drag. Turn around, and go like this. It's like a leg drag. So you grab and bring. So it's the same thing you're doing here with the arm, okay? So instead of doing the leg. Grab. And if you watch my fights at the AGCC, that's what I do a lot, okay? So I'm fighting my opponent, and I go like this. I'm in a single leg, and I have no problem right here, okay? It's hard for him to sprawl, it's hard for him to go for the guillotines, and so easy for me and safe, okay? Change the leg, just like this. So never do it with the hand that's forward, that the leg is forward. So if my leg is forward right here, my left leg is forward, don't reach your left hand, okay? Because then he's going to shoot you this way. You have no defense, okay? So if this leg is forward, I'll push you this one, and I'll reach you this one, okay? If this leg is forward, this is the hand I'll reach him. And I like to step outside when I'm pushing, okay? Don't step inside, all right? You step outside, like this. And you've got to push really hard, okay? Push hard, don't push like this, okay? So you stiffen, it's like you're like a truck, and you want to pass through him, okay? So you stiffen your arm, and just push really hard, like this, okay? Never here. Don't make your arm do this, keep your arm stiffened. Don't do that, okay? This is just to set up the entry for the single leg, okay? So the first one, we got the club, C-grip, single leg. The second one, grab the single leg, just right here, okay? Again, pinch your knees, okay, control, and keep your head here, all right? Never like this. I see a lot of people do this, this is not good, okay? You just keep wrapping this over and over.