

Metadata: <https://www.youtube.com/watch?v=qEf1uz-bdfI>

I need a right knee, switch, hold on to his waist, and pull him towards you. Boom, like that. My right knee, I cup the inside, and I just pull him in. From here, both my hands going quick to control both his wrists. I'm going to hook, I bring my knee to the floor, and now I put my left knee up, and I just sit straight back. I reach over, I grab that same hand, and I cup the bicep. I'm going to fall to my right side, as I bring my leg over, I hold legs, bring my leg here, and now I just squeeze my legs, and we get a tap.