

Metadata: <https://www.youtube.com/watch?v=F8zIIS34dql>

Okay, now I'm going to do a foot on the knee, now you're going to see me create a little extra space, that's because I'm not that flexible, and look at these fucking sticks, I mean crazy legs, you know, long, yeah, I'm just a weird built fella, okay, with anchors for feet and hands, you know, not natural, jerking off is depressing. Okay, so when I'm here, the only difference that's going to happen is, instead of the hack here, I'm just going to go here, and when you do this, you don't, you want to, I tend to like mirror my foot to the ground, the mat, just because when guys are sweaty you slide your foot up, okay, but when I, I normally do this sweep on a switch, okay, back on switch and sides, but you can absolutely do it directly, and if you're going against somebody like very, you know, carries a lot of weight in their lower body, I mean they're you know, they're chunky in the legs and ass, and you have, if you can't seem to load the weight on you enough, because maybe they're just too anchored, you're not strong enough, you can't, and the key is like usually when you push, they push back, and then you pull, you know, it's kind of like, people that train judo, judo have really helped me on so many things, I just found it, I do, I have a heavy influence on my, on my groundwork from Judica, coaches like Judo Gene Labelle, and of course, Go Korps, but yeah, if you can't, I've gone with those guys, they're super thick and heavy, and you're having a little issue moving them, the foot on the knee, especially when you switch, it's money, okay, alright, so, everything's pretty much the same, you know, I'll, you know, clear, and then, you know, if he doesn't come up, I'll start going to some of my techniques, you know, if he doesn't drive forward, you know, I'm not going to force technique, I'm going to, I'm trying to win, you know what I'm saying, I don't care how I do it, so, if I'm not getting a good, I mean, you can do this even if you do get a good pull, so if I do get a good pull, I just go here, alright, remember, I'm driving my hands in a direction I want him to go, I'm looking in the direction I want him to go, now, when I push this, he's going to basically flatten out on this leg, and then the left leg is going to drive him over as I come up, so from this position, I push and come on top, okay, once again, like I'm not in a hurry to bail the wrists, he can move his arms all he wants, and now, I'm in a good spot here, okay, especially for striking, okay, so, just simply pushing and sweeping him over, okay, I'm going to do it again, okay, so, boom, move out, loop, on top, okay, simple.