

Metadata: <https://www.youtube.com/watch?v=zRYP2kgWgzc>

Now we're going to land a knee on belly from the butterfly sweep. Same thing, I get my sweep, connection, I throw myself, as he falls I go over, land on the on belly, and I use the momentum from this kick to kind of pull me up, and I plan on that from the get-go. Maybe as far as positional control goes, I can come up to the hip, into the collar, to the knee, into the collar, and I can either pin, I can pin these two, or I can posture all the way up and pull these two. I think I prefer to pin, because most people are trying to hip escape and get out. I prefer to keep them pretty flat. Different angle. Ooh, that would be great if that happened all the time. you