

Metadata: <https://www.youtube.com/watch?v=eL0IpEXIVg8>

Now I want to show you the third variation of the cross sleeve grip from this guard, all right? So I'm going to stick with the back take, but now I'm going to show a situation, and maybe actually that's the most common situation, variation, which is when my opponent grabs the collar, all right? So before, I should grab my leg, and before he break the grip of the collar. So now he's going to grab my collar over here. So take a look. So guys, when he's grabbing the collar, all right, I'm going to open looking to break this grip. But if I keep my head here, what's going to happen is as I'm breaking the grip, he's going to hug my head, back step, and you know, eventually pass. So what I'm going to do, keep it like this, what I'm going to do over here, guys, is this. I will arch my back backwards like this. Can you try to hug my head, Ashish, please? Watch, guys. He cannot hug my head because the distance, and because this leg over here, so this leg's a shield. That's very important for me to keep him away, and then I can think about break this grip. So my right hand goes to the sleeve, and my left hand, I will dig under to put my thumb underneath his wrist right here, and now I can break the grip. But instead of I break just by using my arms, I'll take advantage that I have this leg in front. So I'm going to push like this and break the grip, strip the grip at the same time, okay? So after that, I'm going to start to cross the arm to the other side, either like this or like this, grab the tricep, and then the idea is the same. I have to straighten my leg forward, cross his arm to the side, rock my leg up and down to come up, and then eventually try to pull the hook, or secure the seatbelt, apply shoulder pressure, and take the back right here. So guys, once again over here, knee shield, all right? Knee shield is very important. I'll be looking to break this grip, but before I break, I need to create a safe distance over here, where he cannot attack my head. Now I secure my hand on this knee, and my left hand under the wrist. How I'm going to break the grip? By using my arms, but my leg as well. So I'm going to pinch my arms right here, and push like this, and then I can cross the arm, secure the hand on the armpit, and then come up, and I finish right here. Guys, I'm going to show this position in real motion, so check it out. So that's our third variation, guys, when he grabs the collar.