

Metadata: <https://www.youtube.com/watch?v=r-tQrmwEPbU>

All right, let's work on another variation or transition, okay, from that position. So now, Juantas is sprawling and he's heavy, and then I could like roll to the other side, but halfway, or if you like to apply the modified lock down, that would be great because that will give you more option for submission. Okay, so in the meantime here, so while I'm trying to sweep my opponent, he's sprawling, right? I'm trying to bridge Juantas to the other side. He's gonna keep the wizard. So I'm here, right? In the meantime, if I want, I can go all the way that way, or I can simply reach for the thigh here. Again, I figure for the thigh and bring this knee to the floor again. So now, I curl my top leg, and I start getting the lock down here. Okay, so modified lock down. So now I'm in this situation, and we work on all the variations from here. So now you know what you can do from here, right? You can sweep in this way. If you pose the hand on the floor, or you can go away, control his tricep, and then stand up, and then start working from here, and go to the calf slice, okay, and submit your opponent. So just drill this part as many times as you can because that's also a great variation. So as I try to flip him to the other side, I'll bridge and bring him halfway. So now my hand goes on his thigh, and then I'm gonna shoot a triangle here. Once I shoot a triangle, I gotta put his knee on the floor this way. Once I put the knee on the floor, so I'm gonna start reaching his leg, okay? So now I have a figure four. So just drill this as many times as you can. So Jonathan is sprawling, right? So I can't go for the triangle right here, see? I need to move him halfway. Once I touch both shoulders on the mat, I'm gonna shoot a triangle right on the top of his thigh, okay, really close to his hip flexor. So now I bring his knee to the floor first, okay? I stay this way. Now I'm gonna start going to the modified lock down, and I'm on this position here. So now he's in big trouble, okay? So I can start moving, sweep, okay? If Jonathan's staying there, he's in a big trouble, I can let go and do everything. So just this, I'll try to escape, but it's really hard for me to escape. He's gonna try to extend his leg. Just make sure you force his knee to go outside, and then you're gonna start coming up on your knees, and now you're here. From here, you can go for a katagatame, right? You can even turn around just, you can even go for a darts choke here if you like darts, right, if you have long arms, you can do that as well, or you can simply like pass his guard, or low again, and start attacking the cast eyes, or the viper eyes. So those are the options you have, right? According to the reaction, but this is one more thing you can do. You try to bring your opponent over first, and then you go for the triangle on the far side leg, which is great, okay? That will help you tremendously, and then you're gonna probably sleep a lot of people. Just be careful with the knee of your partner, because when you do the modified lockdown, the knee of your partner will be like this, and I see like some people, they get hurt there. So when you fight in the tournaments, just be careful with your partner too, okay? Especially if you're competing at Masters Worlds, right? So sometimes your opponent doesn't have like a long career, let's say, right? So he can get hurt, and then it's hard for him like to heal up, okay? Just be careful, all right?