

Metadata: <https://www.youtube.com/watch?v=Ugx4GY8h2Y4>

This is a different scissor sweep than the way that most people teach it but yeah because your hip is, this top leg is so low. Right, I have it low because the reason is this. Look, if I'm here, right, when you extend your leg, if your knee's up, when you extend your leg, what direction are you taking me? That way. Diagonal. Yeah, so are you trying to take me here when you sweep me or are you trying to take me here? When you sweep me, where do you want me to go? Down. Right, so with this you're taking me what direction? Pointing up. Yeah, and so a lot of times what happens is to do this scissor sweep, you actually need these grips and you need to pull me, right, to make my knees light. Right, so if I'm sitting here, hunkered down, go to sweep me. One of our bosses, this reminds me of him. Feels hard, right? Yeah. So drop your knee. Good. I want you to bite. Good, that's it. Keep this knee here. Look, what I'm going to do is I'm going to hold your leg in place so that you can keep this connection. So I'm going to hold your knee here and keep pointing your knee down. Slowly just extend your leg. Start to do like a leg extension. So I want you to feel my, ah, do you feel my, do you feel my hip right there? Yeah. Do you feel that? Okay. Okay, so that's the connection. Yeah, do you feel the connection? Okay. Now keep extending. Just go. Look at that. Does that feel powerful to you? Yeah. Okay, I see. So the connection I'm putting, it feels like I'm putting the most force in the connection rather than the sweep. Yeah, you want to create the connection, right? So yeah, you feel, okay, so keep, wait, you see how your knee's lifting up? Keep it down because look, if you do this, just go do what you're going to do. Go. Do you see how I'm going up? Yeah. Where are you trying to take me? Down. Okay, so keep that knee down. Yeah. Right. Keep that knee down. Yeah. Engage your leg. Ah, do you feel that? You, you, do you feel me now? Yeah. So you can feel my body, right, through that connection. Good. Extend. How powerful does that feel for you? The connection felt... Okay, so check this out. Lay down again. Okay, so you know the, the motion. Don't connect to me. Just do the movement to sweep me. Go. Just boom, pop, trip. Pop. Okay, connect. Okay, keep this knee. Yep. Go. Connect. Connect. Yep. What was the difference? Besides the results, did you feel that when you connected to me, when you start to engage your legs, when you start to extend your leg, it immediately starts to attack my hip? Did you feel my hip going? Yeah. And when you didn't have the connection, you tried to just do the move real fast. Yeah. Right. Same amount of power, but what happened? All that energy, all that initial energy was buffered. So basically, there was no results. I see. It's kind of like... It wasn't until you actually hit me that I felt a little bit, but you already, you already wasted a big, a lot of potential energy. You kind of wasted... Because it was like pushing a car, huh? Like, you want to tackle it like a football player, rather than slowly... Yeah, just holding it. Right. And then pushing it. Yeah. Yeah, that's a good kind of analogy. It's like, you're not trying to just ram your shoulder into it, you're starting to move it. So you need to push, you need to connect to it. It's like when we push anything, we need to connect to it, and then we start to move it. Yep. Right? Yep. So, nice, man. Thank you. Good, so sweet.