

Metadata: <https://www.youtube.com/watch?v=9sTOUdKPZws>

All right, we're going to work in a pose that I'm going to do by myself here a little bit to show that my opponent is in the area here. I'll just stay with him for a second. Based on that form over here, that's also something that you can get to use, do by yourself. You get to move a little bit there. As you see the hands is here, you can go elbows out, knuckles, change the ankles, the direction, and you feel more mobile compared to if you try to stay here, you're more static. But when I use the principle of movement, here's my sleeves, I have my elbows flare now here. Palms of my hands towards me over there. As I try to pull my arms, try to push, try to go from the open guard, try to back in the closed guard, and the same exercise, the mobility that I was doing by myself, knuckles down, elbows wide open, wide open. My hips protect my arm in terms of counterweight. So that's exactly a way to create the trap. As you open your arm here, a lot of these people try to go for their arm here to attack. As they go into their arm, this hand goes all the way under here, and now this arm going over here, and that's how they allow to go in there, choke, holding the lapel, holding the other one, and you go over this way. A lot of times if you collect tire, you want to actively resting, knuckles down, see, knuckles down, pull the arm, pull the arm, my hips away, it doesn't have the leverage. But if I have my legs in a base, or try to hold here now, now my shoulder rotates, now he can pull my arm, exactly. When you try to pull the arm, knuckle, and then I have my ankles here, try to pull, with my bodyweight, blocks there. And go under, here, as the arm going towards you, angle, approach your weight, and also we can go as a lapel, straight as well.