

Metadata: https://www.youtube.com/watch?v=xy_dwZRw0Aw

Okay, we're going to do a We're staying on two on one still. I mean like I play two on ones a lot obviously I got a lot of stuff there this is just an arm crank Just kind of figured out screwing around and it's really works great. It's super easy, so you know I was a teacher Okay, so I'm going to show you the arm on how I hook it and then I'll put it into the sequence there But so basically I'm going to be on this two-on-one I'm going to come in like like I'm going for like an arm drag almost but then I'm going to trap His like his hand and wrist with my armpit and all I'm going to do is hook under I don't lock my hands or anything Get a good bite under and then I start I'm going to start turning belly down a little bit and stretching him and he's going to get the crank and Because the arm is so extended. This is a situation where you could have a guy You know have his elbow blow before shoulder, so just If you're practicing this this don't change speeds too fast with you know on your training partners Because if you've been in the grappling game, you probably have bad elbows and back shoulders one of the other okay, so All right Same same thing just getting my two-on-one Maneuvering from my scissor and then kind of pulling like I'm going to do for an arm drag But simply grabbing and locking now from here a lot of times. I'll hook that grape just to have a little bit of Not lifting it or anything just a little positive tension on that and now I'm going to hook under here And I'm just going to start turning you tapping already. Yeah, okay? That's it like here And like I said if I have to if I need to add a lot more power push on the tip Okay Real simple lock like I said, I just just kind of doing it fucking around and it works great and You can catch people snoozing pretty fast with it Sometimes I'll set it up from like closed guard lock it and then go to scissor for the crank You know so you can mix and match there. You don't always have to go to the scissor, but I tend to tend to Bait the arm drag there a little bit, so they tend to bite Force their weight back. You know to try to get ready to defend and then just hook it So we're really fast you can see that didn't take much Much of a crank to blow it because because the hand is so far extended it doesn't take much at all to create a The tearing of the shoulder or elbow Thank you for watching!