

Metadata: <https://www.youtube.com/watch?v=cUBX5tJ08Yk>

Alright guys, so let's take a look at another triangle option that I use from the clothes guard. So this time we're gonna be holding my partner's sleeve and then we're gonna switch to a collar and sleeve to finish the triangle so Clothes go to my partner. So let's say now I have both my partner's sleeves. Okay, and My goal here is I want to try to get my leg. So I want to kind of get my my my knee over my partner's bicep. Okay, so what I'm gonna do is as he has the as I have both his sleeves. Okay, his both hands are on top of my body. I'm gonna start switching Bringing my hand into the collar. Okay, so in this case, I Don't have to have my hands super deep, but I do want to get it deep I don't want it to be like too shallow. So I'm not gonna spend too much time trying to open the collar and get the the hand deep here I just need to put my hand deep enough so I can even Punch my hand through like pushing with my knuckles To create some some some space here and then start to slide my hand in. Okay, instead of me opening the collar with the hand So let's just look at that real quick so you guys can understand as I'm here. Okay Instead of me using this collar by this second hand to open the collar I'm just gonna as I'm holding his sleeve. I'm gonna put my my My hand like this start sliding almost like I'm gripping the collar So I'm gonna start gripping the collar shallow and then I'm gonna punch my hand through as I punch my hand through I kind Of create that opening and then I can start to slide my hand in okay, so From laying down. It's gonna look like this. We're here I'm just gonna hold my partner's both sleeves and throw him for a second Now look this hand almost like I'm gonna make just a shallow grip holding the lapel here But not not too tight just a loose kind of grip. My fingers are in this kind of formation Okay from here. I'm gonna punch through I'm just gonna create that opening in the collar Once the collar goes up, I slide the hand in Okay, and now I have a deep grip won't be as deep as if I was opening the collar But I can get a pretty a pretty good deep grip here. So now I'm gonna use this Shifting of my hips the same way. I'm gonna start opening. He's gonna keep his elbow tight. Yeah, exactly I'm gonna start opening My guard and I'm gonna start to put my knee over the shoulder as my knee comes over the shoulder I'm gonna start to extend my leg pushing my shin down on his bicep And then I'm gonna come bring everything back And land in the triangle again from here immediately foot on the hips and then we go Into our triangle lock finish Okay triangle choke finish so We're here for a different angle So as I'm here Holding the sleeves, okay I'm gonna go hand in the collar. I'm gonna start to push up on the collar Just create some space and then slide my hand in Okay, once my grip goes in Keep it down. I'm gonna start to open my guard I can use my foot on the floor if it's more comfortable start to move my hips Okay at this point here, I'm gonna bring my knee over the shoulder Push His leg down using or push his arm down using my shin on his bicep okay, now you see how like I I'm like almost hooking his arm Okay, I'm almost like giving him an underhook here and then I'm gonna drag everything back and lock the triangle Lock my shoulders back lock around his neck and then finish the triangle. So let's go one more Okay I'm here. I'm gonna go in push Get my hand deep Okay as deep as I can get it So now i'm gonna start opening tripping my hips kind of extending my arm. My arms get my knees gonna go on the outside. So Let's say if my knees on the inside If my knees on the inside of his arm Okay, we have different options here. So in this case, let's say that my Partner is gonna block my leg with his elbow here. Okay, i'm gonna go over and down As I bring my knee down my shin goes right in front of the bicep. I push See how I kind of trap his arm here now i'm gonna bring everything back Finish with one arm in one arm out Bring my knee up Okay locking grab one two extend my arm Okay, and then we're gonna go into the triangle choke finish