

Metadata: <https://www.youtube.com/watch?v=4YdYCgRWbw0>

Alright, so that Tomonagi sweep, when they give you their balance and it comes over your hips and you can bring them up into the air, that's a great aerial sweep option. What's cool is that if you've got that anyways, you have not only an aerial sweep rate to mount, which is great, but you have another option that's an aerial submission, where you can take advantage of them being off the ground in a way that orients them right into an armbar. This is called a helicopter armbar. So we've managed to get to our position, I've got some nice tension, that push-pull, and he starts bringing his weight towards me, I'm going to bring him up like this. Now once I have him situated here, this is the arm I'm attacking, I have control of it anyways, what I'm going to do is bring this leg down, not this one, and as I do that it turns his hips, he's going to set down, and we're going to come up into the armbar here. I'm going to do it real slow so that you can see the details that are involved here, but in reality this is like as dynamic as the Tominage is. Here coming up, over, and down. Try if you can to end towards his hips, the further you are towards his head, the more chance he has of spinning out, and he'll feel it even if he doesn't know that he's supposed to, it just naturally unravels. So if you can avoid either staying square or towards his head, all the better. Let me show you one more time, and you can note that I'm trying to end up closer towards his legs with my upper body. So he's coming in, down, and notice where I'm leaning this direction on purpose, this isn't by accident. I don't want to end here if I can avoid it, if I can end here, now he's further away from that hitchhiker escape that a lot of people like, you can hook the leg if you'd like, but really this is just a great position to finish your armbar, it should be nice and tight from that straightening of the gauntlet grip, and you're just going to keep your elbows tight, heels in, and just extend, and you can even just put it into your pocket like the pocket armbar.