

Metadata: <https://www.youtube.com/watch?v=4ZLbCga6jyU>

Okay, next move I'm going to do from North-South is an escaping episode of arms caught around his torso. Come here. Okay, I've got my arms caught around here. Now this is still very dangerous, you can go for arm locks as well from here. Okay, so what I'm going to do is I'm going to grab my hand, I'm going to get my head to the outside of his knee. Okay, so from there I'm going to drive my head to the outside, I'll bridge up. Okay, now I'm going to use my head as tripping his knee, so I can bridge up. Now he can do the same to me, he grabs around my torso, he's going to move up and he goes. I do the same, I grab, move my head to the outside.