

Metadata: <https://www.youtube.com/watch?v=Vtmg4bCW60s>

you see he bust posture he always have his grips on my pants right because he's gonna try to pass my guard so what i have to do my foot that i have on the biceps i'm gonna take out okay and then i'm gonna stretch my leg but the same time when i stretch my leg i gotta break his grip you see the position that he was always on the diagonal okay so again i'm here i move my hip break his grip and bring his arm on the diagonal okay now i have his whole arm to me i just gonna do the circle with my leg okay so i gotta move my hip do the circle with my leg and engage the lasso you can't see my tongue right here i was touching his back why because whenever my toes touch his back that i feel i have a loose uh good loss of control okay and then that way right away whenever i engage the lasso i gotta bring my hip back okay so again just one more time there you guys can see it stretch his arm okay move my hip out break his grip bring his arm i gotta feel his arm right here on my hip okay on the bone of my hip now i know that i have the perfect angle okay to circle my leg and engage my last okay my toes told his back and then come back to the center i want to show you guys in a different angle okay that way you can see it better again stretch move my hip outside bring his arm to my hip engage the lasso toes on the back and bring my hip back one more time same thing look to my hips always move okay stretch break his grip bring to my hips engage the last toes on the back look my toes told his back and then i come back my hip to the center you