

Metadata: <https://www.youtube.com/watch?v=in0L2KvSsVA>

right on guys so another effective uh more of an arm lock this one's also you can use as a takedown um or also as a foot sweep this one's very effective i use this one in the combat jujitsu tournament and uh this is off of the collar tie right so this is a standing one anytime we're up and locked locked horns right you're gonna see that our arms are usually bent right at a somewhat of an angle all right so i'm also i don't want to this is the type of technique i don't want to show too early i want to make sure that i time it nice and perfect all right so as i'm locked in a tie we're in our stance we're moving around right maybe i try a couple wipes or a couple uh you know frame breaks just so that he really commits to that collar tie right so when he comes back he comes back hard and he's really committing to that neck time when he does that i'm going to swim under with the same side arm he's collar time so if it's right if it's his right arm collar time my left arm will be swimming under and i'm gonna be almost looking away right it's very difficult if i stay looking at my opponent or looking down because i don't have room to come through but if i look away i'm gonna have enough room to pop my shoulder out and around this is a very quick motion right to catch the elbow because i want to catch the elbow in this angle all right so i'm looking away and catching the elbow just like so as soon as i catch the elbow at this angle i'm connecting my hands and immediately applying pressure upwards right this is called like the money bell i called it earlier right as we're bringing the elbow to the sky a lot of the times if you guys you know not to be mean but definitely be careful with your teammates and things like that but if you rip it bring it to the sky you'll get a tap quick a lot of the times guys will be surprised what the majority of guys do is they kind of boom they feel the threat they don't want to tap so they're gonna go with it right and you're gonna feel he almost um starts to go weightless at a point once i feel that when i'm applying the submission and he's going with it i'm bringing in the foot what happens if i don't add the foot sweep a lot of the times after the guy comes up he's able to straighten his arm watch from this point if he's able to come up exactly it kind of gives that little leeway at the top right so that's why if you guys don't get the submission here and you feel him going up up up add the foot sweep in and that's going to sweep him out every time all right that's a great detail kate said the heavier collar tie the better this seems to work right boom you guys can also uh clamp throw the elbow in to make it easier right because what you guys don't want is for his elbow to be way outside so when you do it it's going to be hard to like he's going to pull it out or it's going to be hard to turn right keep keep your arms stiff yeah it's going to be hard to turn so when you grab the elbow and what i like to do i go middle finger and thumb mainly and i pull the elbow in right after that hard collar time to pull the elbow in right pull my hand almost like i'm combing my hair right that can help if the space is small i comb my hair around and i drop my elbow as quick as possible reaching this around boom all right the second i get here lock the hands together boom get your hips into it right the more square you stay with your opponent the better that the money right so you can kind of turn into him lifting lifting lifting that's going to get him on his toes right and the higher you pull the money ball the lighter he's going to be pulling pulling right then we get the takedown cool one more time just full speed hold on very effective one give it a go