

Metadata: <https://www.youtube.com/watch?v=2ef6drS56l8>

So let's look at some common submissions off of that rolling back take, right, where we enter into a truck position. So again, from the knee split, we're here, I rearrange my feet, my ankle goes into the pit of his knee, I make my triangle and fold over. I bring my weight down towards his hips and I roll. Once I'm here, I want to create, I want to trap his leg. So I'm controlling his ankle now, but now I move my hand to the inside of his knee. I don't want him to be able to extend this leg, otherwise it becomes a problem with him starting to kick out. So my opposite hand, my elbow goes over his shin and we get our palm to palm grip. I want to make sure I'm high on the knee right at the end of that lever. And then from here, I frame my ankle, my foot against the ankle that's controlling his leg. I extend my hips, I push with my legs and pull with my hands for the finish. So once more, we're here on the knee split. My ankle goes to the pit of his knee. I get my triangle and fold my foot over. My weight shifts towards his hips and I roll over my shoulder side shoulder. I catch his foot. My bottom hand, the back of the hand goes to the inside of the knee. I cover his shin with my arm and I go palm to palm. I frame my outside foot against my ankle. I lift my hips, push with my legs and pull with my hands for the finish.