

Metadata: <https://www.youtube.com/watch?v=5C9cDEw0r9g>

So we're going to work now on a catflies submission from Dylan Newell, what I used to do a lot. Not doing so much lately, but I adapted the technique and you're going to see it also. So Steven does have that over here, no matter if he has the defense or not. So where I need to get, it's just like I'm going to move the leg back, and I'm going to just bring my knee over here. And I'm going to trap the foot with my knee, so that's what I need to do. Sometimes I'm going to have to do a long step back over here to be able to bring this ankle over here, this foot. So that's what I need to do, but I'm also going to have to work with the leg. So why? I'm going to bring my head under his leg. So as I'm going to step back over here and bring my knee to control the foot, I'm also going to use my hip to bring his leg up. As I'm going to shoot my arm, I'm going to just let it fall to the side, and I'm going to turn my hip to be able to close my turn over here. The most common mistake is to turn my knee in, but I had a turn close over there already, and I'm going to make sure I have my knee up. And also, I'm going to make sure I'm going to stay close to his hip, so that's why I have this leg control over here. I can fly, I can just grab my hand, and I can bring the knee to me. Now how I'm going to work the knee, I'm going to open my knee, and I'm going to bring my knee to me. That's what I'm going to do. I'm going to open my knee, and I'm going to bring my knee to me. That's how I'm going to control the knee. So one more time. So that's how I'm going to work the knee. I'm going to push the leg, I'm going to bring my knee to track the foot over here, but I also need the space to bring my head over here. So what I'm going to do here, I'm going to use my hand on his ankle here to bring his ankle, his leg up. So as I bring my knee over there, as I could already get the space with my foot. Look how I'm going to show you my arm, and how I'm going to follow his foot here. I'm going to turn to my side, and I'm going to make sure I remain, and I'm going to make sure I have my hand close already. So that's how I'm going to do it. As I'm going my arm, look. That's how I'm going to do it. So I have that control, I move my leg back, I'm going to track the foot with my knee, but at the same time I'm going to side walk over here. To bring his leg up. So basically I'm going to show you my arm, look how I'm going to turn right now, look how I'm going to follow his side. I'm putting my weight forward, and look now how I'm going to turn, and how I'm going to close my shoulder here. I have the hips control, I know that he cannot move his hips too far, so that's why I'm going to grab my knee and I'm going to bring it to me. I'm going to make sure I have my knee facing up, I don't want my knee over here, then now there's no more distribution of arm anymore. So I have my knees up, I have my shoulder over here, now I'm just going to pull the leg to me, I'm going to use my hips, and then I'm going to open my knee over here, that's it. I'm just going to do one more time, just one more time. Let's try to work now the heel. So over here, I just have the pants, the ankle, it doesn't matter, I'm working on my control of the legs, I'm going to make sure to step back and I'm going to bring my knee in front of the foot, at the same time I'm going to leave that space to bring my head inside, as I'm going to follow my side here. I'm going to show you my arm, look how I'm going to turn my hips, and I'm going to close my shoulder near his knee. Let's get emotional here, look. I have the leg control ready, I'm just going to grab my leg, I'm going to make sure I have his hips close to me, so that's why I'm going to bring him close to me, now it's time to start using my knee, I'm opening my knee and using my hips to be able to finish over here.