

Metadata: https://www.youtube.com/watch?v=rj_YSloPltU

Keeping the idea Some Movement to sweep just coming up holding the elbow or the forearm or the wrist so Very simple position probably you learned that position on the beginner beginners class But we usually do that position until nowadays because That is a movement just for you for your body as I explained before so that is a movement Even if I come up like this it's gonna be hard so for that movement for that position is nice you like educate educate your body to Move to sideways for them come up Move sideways for them come up and your hands when you Post your hand on the mat if you post your hand so far you can't make posture you need to breathe boom and then control the wrist You go to sideways my hand is So far I breathe I step on the mat and then It's A great armor sometimes I do That position when I'm trying to bring my opponent to over over my face But my partner sometimes train so far so far like pushing my belly and and pants But if I get to stand up and hold something is It's been easy to me not to not swipe up but create some Movement to disturb my partner and then they will go back to me and I get to apply My positions so that position is good as well to understand about that movement Sideways to sideways Very simple and one more drill For our other Drill training maybe you know what it's gonna be a lot of drills for you practice your close guard You