

Metadata: <https://www.youtube.com/watch?v=pED85RNZZJw>

Okay guys, 10 planing warm-ups. This is D2, right? This starts, JM's got both of his butterfly hooks in already, right? We worked on M1s. This is a different M1 before we worked on knee pummeling, hitting an M1. This time you're just going right, it's called a question mark M1. You're going right from the butterfly hooks, right? So this one, I'm not just lifting my leg up, right? I'm keeping pressure on his knees. Not staying here for too long, but I'm kicking forward with my legs. I'm going to kick forward, out, shove his legs through. I just take a little skip at the end. See how I landed? Again, I'm taking control of his legs so that way he can't get his guard back. From here, I'm hitting two belly skips, right? So I'm going one, boom. On the second one, he's going to grab me. This is always a difficult move here. I've dropped my knee down and I'm not staying in here so I get triangled, right? That will be bad. So as he comes back around, my hands guiding his leg to the mat, my shin is coming across. I'm going negative. I'm turning all the way around and jumping out to twist or side control. As I do, right? You can start doing this all at once eventually. Controlling his leg. Again, it's another move that a lot of times if you're a beginner, you mess up because you're too far away. I'm going to slide my hip down so I can get leg to leg here. I'm going to push him all the way down, get up on my elbow here. I'm not hanging out back here because sometimes I'll lose him. So I'm going to get all the way up and go to that wrist like as if I was about to go for the twister. He's going to put a grip together. I stay with it, shoot my arm all the way. My right arm is going to go all the way through to his shoulder. I'm going to stretch him out, pick this guy up, shoot him through, come across, standard rear naked choke. I rewind, put the grip together. This is just for the drill. I would never do that. I would just finish a choke. But he pulls himself back up, puts his hand to the other side. He's going to hit a safe haven escape, going to the weak side. Once he gets about halfway there, I'm realizing I've got to get up. And then he just binds to some type of guard. And then I sit up again, right? So it's pretty easy. Go through again. Two butterfly hooks. Hook kick in one, two belly skips. Going to hit that bramby. Come through all at once. All the way up. Puts that grip together. Shoulder hook. Boom. Bang. Gets the choke. Rewind. Save him. And I'll just practice getting the guard together at the end. All right? That one's pretty easy. D2. Go to Beadaholique.com for all of your beading supply needs!