

Metadata: <https://www.youtube.com/watch?v=vYvXDVnJ9D8>

So again, I enter into my hand at heart, I can still dig out the heel, I can lever my arms to bring the leg onto my chest, but now my goal, I'm going to grab this heel again, my goal is to get the leg all the way to the other side of my body so that I'm in 50-50. So the way I'm going to do this, I'm going to grab the heel, my forearm, and as I pull the leg to me, I'm going to start arching my hips up towards the ceiling. I'm going to make some space, right now there's no space to get this leg across, so as I peel the heel, hips go up, leg goes all the way to the other side, and then I can crunch back up nice and tight, and now I'm in the 50-50 position, and I can start doing whatever attacks or sweeps I know from here. So again, entering into the Panda Guard, levering this leg onto my chest with my arms, as I start peeling this heel to straighten the leg, I'm going to dig my heels into Laura's hips to arch my hips up and pull this leg all the way to the other side of my body. So again, I'm here, I'm digging, I'm arching my hips, leg comes up and over, and then I crunch up again into this nice 50-50 position. So from this Panda Guard position, I'm going to start using my arms, my legs to lever her thigh on top of my chest, I'm going to peel the heel, but now as I peel the heel over and straighten the leg, I'm going to use my calves and my heels on her body to arch my hips up, pull the leg all the way to the other hip, and then crunch back up into my 50-50. And now from here, you can use whatever attacks or sweeps you know from the 50-50 position.