

Metadata: <https://www.youtube.com/watch?v=qlv496BQ27M>

Alright, I would like to share with you guys a quick drill here I like to do when you know to actually improve that speed to get the hand and to switch from one leg to another leg And also, you know that timing, you know to work on your transition work your like feet work So I really like that drill We'll show you guys now. So we're starting from 50 here Okay And I'm gonna work the first linchlock grip. Okay, so I go one Two once I get this I'm gonna switch from here To a two on one then I do this look I push his leg up. I Square up getting this knee in here. Okay, once I get this knee in here I go C grip on the other leg and I step on that the back of that knee Like a like an X guard on on on his knee and then I switch from here to the hip Shoot this leg hit through Cover and I work again my linchlock grip Catch it switch knee in hook out Start the transition to the other side, you know as you work on this you start to get a little bit fast So You know can put a timer Just keep working that side to side You're gonna also find out which side is your best side, you know Last one here You know can work the variations to one hand two-on-one Belt grip lapel grip so that that's a Fun weak drill. I like to do to improve my mobility Hope you guys enjoyed it You