

Metadata: <https://www.youtube.com/watch?v=6sjNyg5qLrM>

Alright guys, so we got the arm across the body, okay. So no sweeps yet, no submissions from here, okay. I've just wanted you to understand breaking the posture and one thing that happens is people teach really really good stuff. The problem is once you do, once you accomplish what you've been trying to do, then you're not exactly sure where to go. So it's like okay, I'm doing a great job breaking the posture, but what do you do once the posture is broken, right. So the arm across the body is one of the most powerful positions. If you can work on that and loyal, be loyal to it, there's so much good stuff from there, okay. So we'll show a couple things from there. Alright, so Rob is here. We'll go with a sweep first here, okay. So guys, make sure in your close guard you're always really close. Remember, make sure you're pulling them in and pulling them with your body here, okay. So my butt's going to go up, okay. We go to this. Rob has to defend and I'm going to take this across, okay. So this time I was able to break this grip. Let's say, let's say for this time the grip doesn't break. So now it's just his elbow. So guys look, there's a couple different options from here, okay. Once this is here, so do you see it's bending almost like a key lock or a Americana, so like an elbow lock, okay. So the first thing that I have to do is close the distance. I want his wrist to touch his shoulder. So I'm going to pull him. Same thing, it's just like pulling yourself into the close guard. I'm going to pull him, attach my chest to his arm and come here, okay. So now we're going to grab it. What we're going to do guys is I'm going to use my chest, okay. Turn me around. Thank you. Okay, so guys you see this, he's still grabbing this. I'm going to use my chest to push on his elbow here, okay. And I'm going to grab underneath. And one thing that I don't want you to do is put this down to sit up and then let them grab it, okay. So once you let go, control this arm here and the wrist if you have to, okay. Don't put your feet down, okay. Put your weight up and turn your hips, okay. So then I just keep doing that. And now look, it keeps pushing his arm across. Now you can take the hand, okay, and you can grab the elbow and you can pull it up. You can put this back here and pop it off, but make sure that you keep this forward so he can't get it back across the body, okay. So we're here, get it on, pop, get this thing across. They keep it, which a lot of people will keep it, especially at white belt, okay. Close the distance, grab, grab, grab my arm this time. See he does grab the arm and he pulls me back down. I just have to keep this tight, guys, okay. And I'm going to go back to moving those hips. And this is the angle I'm doing that at, okay. I'm putting my knee here and turning it in to get up on his back. Now I'm going to come underneath his arm, grab the lapel, okay. And we've got the arm trapped across the body. We won't spend much time on this one. I just don't want them to keep that and freak you out if that happens, okay. So guys, do that real quick. If you can on top, just keep that. We won't spend too much time on that. I just want them to see that they can continue doing it. Good. Very good. Great. Okay. Turn around this way. One more time. Okay. Leg comes down. Good. Comes across. She still has the lapel, okay. So now Rob's just going to slowly climb. Good. And get his hips up. So this is the same thing we just did. They're just keeping the lapel, which they may do. So I wanted to make sure we cover that so it doesn't happen to you. And then you think maybe it's not working, okay. So, good. Nice. Keep it. Climb. Keep that tight. Okay. So now we're going to do the same thing. We're just going to keep the lapel, which they Okay. So, good. Nice. Keep it. Climb. Keep that tight. Very good. All right. Other direction, please. Good. Keep that posture broken. Good. Shift. Climb. Climb. Climb. All right. So I'm glad to see that. Guys, if you put the foot on the hip here, go back, okay. It's okay to put the foot on the hip. Keep that in mind. Sometimes you have to put your foot on the hip. I just want you guys to get used to moving faster and getting these angles without depending on putting your foot on the hip. Okay. So now we're going to do guys to get used to moving faster and getting these angles without depending on putting your foot on the hip. And we'll go over some arm bars and stuff later. But if Sophia's in the closed guard, okay, so close that up. If she can just turn her foot in this direction here, it will put the inside of, yes, it'll put the, so do that putting the weight on. And see what it does is it scoots her butt

up in the air. All of her weight's going here. Now she can close the guard and it's a way that you can climb up a person, okay. So she's going to grab, and start pulling, and keep a connection between her stomach, chest, and staying on the back, keeping her butt on his hips if she can. Okay. Easy as.