

Metadata: <https://www.youtube.com/watch?v=xoN7mKHjLAA>

The king exercise that you want to do as a white belt and blue belt is arm lock, triangle arm lock. That single combination, my instructor told me to drill it like 500 times. I mean, who wants to hear that, right? You know, it's boring. It's like, no, I want to know the secret techniques. I want to learn the good stuff. I want to learn the black belt stuff. But it's about programming. You use your mind to program your body so that you can think about strategy and other things, but you're not thinking about the mechanics of the submissions or how to move your body through the momentum of your legs. You need to program all that stuff. So we'll just spend a few minutes going over arm lock, triangle arm lock. At the beginning levels, this is really where it's at. And there are many ways to do the arm lock. You can do here. You can grab the cuff, go behind, do all this stuff. So you really make sure. But if you're doing a lot of reps, just grab the end of the sleeves. It's more about movement. So you can either put your foot on his hip, dive your hand underneath his hamstring, collapse him by bringing your heel down, knee right behind his armpit, and then throw the other leg over the face. So here's arm lock number one, but he pulls out. Instantly, your hand goes behind his tricep. Your knee scrapes along his head. Bring it to the other side of his face. Now you use the inside of your thighs to pivot. If it's not quite enough, now you grab your shin. I'm in line with him. I'm going to push off, and then I can go 90 here. Now if he chooses to stand up, then that's when we switch to the final arm lock. Or if I'm here and I get a good angle, I can always just off balance him a little bit and be able to go into the arm lock. So that is arm lock, triangle arm lock. And once you start tapping into this, he just pulls that arm out, this goes here. When it happens in a sparring situation, you're not thinking. You know exactly what to do. Boom, you can finish it here or come up. And this, actually, when people posture, it actually elevates you and it's easy to be able to get that final arm lock. They do it for you. They're giving you the way they want to tap, and isn't that a nice thing? So here, scraping along, use the inside of your thighs and knees to pivot. Grab a little bit more, and then if he postures or not, we can get that final arm lock. So that's warm up arm lock, triangle arm lock.