

Metadata: <https://www.youtube.com/watch?v=s4OLLnXBgKw>

Now I'm going to show you guys from mount, we're going to go to the armbar, from armbar we're going to finish with triangle choke. This is how I did with my last fight, when I fought with Justin Gaethje, like when I go to the heel, to the mount, okay, what they're doing, like they just try to catch me, you know, they catch my body, okay, they catch my body because they don't want to I punch their face, you know, they have to worry about their face because if they know, if they're going to stay like this, why do I have to go to the armbar, I just can't smash his face. Okay, what he's going to do, he's going to come too close, okay, he come too close, look, I'm going to put my right leg, right leg here, look, I bring him together, look, with his arm, what arm I want to attack, look, I grab his arm with my shoulder, with leg, like this, and I make, break this lock and put here, and then I put this here, and I go this way, I go this way because I need him to come to top on me, look, I go because he has to protect his arm, he has to come on me because other way I'm going to break his arm, I'm going to break his arm, and he has to come on me, he come on me, boom, I lock, I lock to the trunk control, now we go up, look, now I take his leg, now I take his leg, it's very important, grab his leg here, don't let him pick you up, now, now, this is like very important, I'm going to show you from this angle, he grab me, put here, look, because I have to focus on this arm, and push him, boom, put here, look, look my legs, look my legs, I let him push me other way, I go, boom, stop, stop, stop, boom, stop, shoot, shoot at me, okay, this way I can attack his arm, or I can be focused on my triangle choke, okay, look this, I have to, I can hold his arm here, or I can go with his leg, boom, shoot, it's very important, when you guys on top, when you go here, bring him together with your legs, bring him together and focus on his arm, then you go, when he come, you lock your legs, after that it's like easy to finish, and don't forget when you on, when he on you, when he on top of you, you have to grab his leg, because other way he just going to pick you up and throw you, you have to take his leg, you know, even if he try to pick you, you're going to be here, he cannot pick his leg, you know, you're going to be here and you're going to finish him with triangle choke, if you guys more interested on this, you guys can watch my last fight.