

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

So the next one we got is the plug the hand and arm like the reap. Now do understand something about this. Here it sounds repetitive but this is different. I am not locking a triangle here. Plucking the hand and I am literally opening. My hand is open. I am going in and locking the reap. I'm pushing through. Yeah. I'm not locking it. My hand is already here. I grab them. I'm not clotheslining him. That's a different one coming up. All I did, I went for this and it could be a guy with my shoulders or he sticks the elbow to the side of my head. I'm fine. All I'm going to do is force it and I'm just going to go back. So same thing from here. Same thing. I'm going to walk in. Again, he plucked it. Go. Yep. Come the other side. One more time. So here. All right. So that's your... You all right? Yeah. Pluck the hand and arm like me.