

Metadata: https://www.youtube.com/watch?v=LMpqi_gNczY

So, this is to get that technique, what you just saw, is to get the technique into your system. The ono-goshi technique, the steps you need to take. Once you get that down a bit, this is a great way to practice the strength in your hips and the positioning of your hips. So one guy goes with her, the other guy goes under her, and we're fighting from here. So I'm going to get the wrist control every once in a while, he's going to get the wrist control. I'm not intending on throwing him, but I'm intending on moving him around. So I get the hip in front position, he's going to defend. So when I get there, he's going to get his hips back, I'm moving around. If I get behind him, he's going to get there, we're moving around. Every time, seeing who's hips are strongest, who's hips get the right position. For MMA, don't forget your knees to the body here. Every time you get the wrist control, you should be the one to dictate who can knee the body. We're moving around. This drill, you can continue against the cage as well. So same thing goes here. He's trying to move, I'm trying to pin, if I get wrist control, I get him, he turns away, I get my haragoshi like we did, and we finish position. It doesn't really matter if you get the underhook or the whizzer, both are very strong, it's all about who gets the hip position. So if I win hip position, I'll win this battle, if he gets hip position, he'll win this battle. So this is a way to develop that game between who gets the best hips.