

Metadata: <https://www.youtube.com/watch?v=7W-gxFsxtjA>

The same thing, I have my low hand. This time I'm choosing to keep this hand up to discourage her from grabbing the collar tie in the back hand. So that hand comes in, I'm coming in, ripping it off. Now instead of taking the sacrifice there this time, all I'm going to do, once again, roll into my ice cream cone Russian, and I'm leaving her hand horizontal so that I can drop my weight on it. If I try and use my muscles and bend down, she might move, but I'm going to use a lot of effort. So I don't want to drop. I want to literally drop but not smash my knees on the floor. So I'm taking my body, keeping my frame strong, and drop, and she comes down. From right here, I have the angle of everything that I need to shift right into that front head trap. But I don't have to go straight to front trap. I can go straight into my vice grip, into my entire D'Arts series. If you like the D'Arts, I very well recommend doing it, knocking them over, having all of your finishing mechanics right here for your D'Arts, and the entire world of front trap head trap is available to you from that knockdown. We'll do it again with your angle. So right here, hand is low, the hand comes in, knocking it over, keeping that hand horizontal, and dropping. From right here, my hand's already in that armpit. I can slide through, taking the guillotine if I'd like even, but I tend to almost always lean towards doing the D'Arts.