

Metadata: https://www.youtube.com/watch?v=jN_5_Rbffel

Now we're going to discuss the anaconda grip from the knees, so it's another type of head and arm grip, but this time with the anaconda grip, the arm is going towards from the neck out, his wrist kind of goes out through my armpit. So this is actually a really nice one, when he dives his arm in to get this grip, what happens is, as he dives his arm in, what I'm going to do is I'm actually going to grab the back of his elbow and I'm going to help his arm come in. So as I grab his elbow, what I do is I grab it and I glue his whole arm to my chest. So I just kind of accept the arm, he wants to give me his arm, he wants to dive it in, I just grab the back of his elbow, and now the other thing I'm doing is when he grabs and I grab his elbow, I pinch everything so I suck everything into my chest, I make sure that the arm, his whole arm is glued to my body. This is a really, really, really nasty arm lock and it feels very similar to an anaconda, it's a shoulder lock. And so what I do from here is, from here when I grab, I suck everything in, what I do is I actually slide my body back and I turn and I drag my shoulder into his arm. So the key is the angle that I go with this lock. So once I grab here, I start to slide my knees back and I drag his wrist away from him and I keep driving forward. So the key is I have his wrist caught underneath my armpit. So with my whole body, what I'm doing is I'm basically taking his wrist away from his, I'm taking his wrist out from his body and I'm driving all my weight on top of the arm, keeping the arm bent. So I basically end up catching him in an Americana lock.