

Metadata: <https://www.youtube.com/watch?v=OGq21nmoG1g>

So now we're going to review the past three techniques and we're going to put them together in one, okay? Like I said previously, we're never forcing one attack or the other. So basically what's going to happen is, as I'm doing one of these techniques, my partner will defend giving me the other. So watch. I'm going to be here with John. I'm going to be here in collar sleeve, here, right? I'm going to get the inside position, here. I'm going to square my head with John like I'm going to go triangle. He's going to defend changing his angle somehow, like so. Look, now I can't triangle him, right? But now I can attack the omoplata. As I'm here trying to attack the omoplata, John's going to face me to defend. Look, now look what I can do. Triangle. Head aligned with head. You guys see that? So do you guys see every time I'm doing one of them, he gives me the other? That's the beauty of this. I want you guys to always go in with the goal of doing a triangle omoplata and just wait for an encounter. The second encounter is we can do the other. So what just happened before? So at least I'm here. I'm attacking the omoplata. John feels it with pressure and angles himself this way. You see? So he did the work for me. Now my head's aligned with his head. So now I can simply put pressure like before, putting pressure on my foot on his back, the knee on his shoulder, forward, straightening his arm, shooting my legs, and attacking the triangle right here. Right? So again, I have the triangle position. As I'm doing triangle, he angles himself. Yes. Here. Turn reverse. Omoplata. As I'm doing omoplata, he angles himself. Now I'm aligned with his head, right? Pressure. Triangle. Now he starts changing angles again. Omoplata. You guys see how easy it is for us to switch between them? So I want you guys when you're doing it now to mix in the triangle and omoplata as you're drilling, and just keep feeling how when he's square, you have the triangle, and when he angles around, omoplata. All right? I want you guys to work some out. I'll keep going.