

Metadata: <https://www.youtube.com/watch?v=9qa6vvDaRb4>

All right, so we're going to do our first and most basic entry from side control because I expect you guys to be on top. Because you're catch wrestlers. All right, get off your butts and your backs. So we're here we're in side control we're in a good side control with a lot of heavy pressure. Making our opponent carry all that weight. We're just going to get an underhook. Standard operating procedure type stuff. I don't want him to get an underhook on me. I have the underhook here, but when I do so I'm going to try and pinch his shoulder. Between my head and my neck. I'll grab my own shoulder if I can and now I'm isolating his arm. Now this isn't obviously the lock first, but what I'm doing is I'm giving myself space to insert my top arm. And I'm keeping the arm nice and isolated and hopefully. The idea is that what we're doing is we're keeping it. So I'm I've got his arm down this direction or and palm facing away from me perfect for a double wrist lock. So I'm here and you can even lock this up here and here. I know a lot of you jiu-jitsu folks you like to be here. You like to do the shoulder pressure and all that kind of stuff. Don't worry so much about this if you want the double wrist lock go ahead and trap the arm here and pinch and as I'm pushing on this. I'm pushing his arm and flattening it out. If you have a good side control here his arm should be stuck. So this is killed even if it was between my legs. Let's say you're in a stocks or something like that I'm still keeping it away from this other arm, so it doesn't get into the process. Good well, why are you gonna be tall like that? What do you think you are semi show? So I'm picking this thing up. I'm giving myself space to get my arm through. I'm still using my head to pin my side control. I always have I usually have the top hip up bottom hip down. That's one driving into his ribcage now I want to get this double wrist lock. I slide under. Bottom top hip goes down bottom hip goes up and now I'm transitioning. This hand is now trapping and keeping the arm. My head is here and I can reach back and get to the whole of the wrist and the hand. To which I will then pin to the floor. So once up here. Pin it to the floor because if I try to do all this framing up here straighten your arm boom probably lose it. There's more mobility. I want to get this thing to the floor. And if I want to get this walk together, I'll do it by driving my wrist down and driving through. And I'll help myself out. By circling towards it. Now I've got this double wrist lock. I put the shoulder up game over. You