

Metadata: <https://www.youtube.com/watch?v=ef8RxD8yXEg>

Alright, so another way we can implement our partner in helping us get better, build athleticism towards grappling and towards wrestling, is I have an opponent, I have a partner in front of me, standing here like a tree, arms nice and wide, I'm going to be attacking him both left leg and right leg. So because he's standing still, he's pretty much like my practice dummy, I can start attacking him fearlessly, but I can use proper technique and proper movement. So I'm here at the corner square, I'll start shooting, boom, and I just get to the hips, now face him again, back in my stance, boom, I start attacking other leg. So I'm here, staying still, boom. So again, using our partner as a tool for us, he's staying still, and I say alright, because I'm not fully warmed up yet, I'm not in my live training session yet, I don't need resistance quite as soon. So I have my partner nice and still, I can attack outsides, insides, double legs, etc. But having my partner stay nice and still while I attack, helps to get warmed up. So he's still letting me attack some shots, just left and right a couple times, very nice. Awesome, switch. Good job, that's good. So again, using our partner to build athleticism and get better together. Thank you.