

Metadata: <https://www.youtube.com/watch?v=SNh9MqgcaVw>

So now that we looked at a couple different ways to achieve the knee cut from the headquarters position, we get to this position. Whether I make the underhook or the crossface, it doesn't really matter. I'm going to go with the underhook. It's easier for me to turn this way just a little bit. Notice even with this, some guys are going to hold on to this back ankle. If you guys can see, let's turn a little bit more. So I'm cross-facing him hard. I'm trying to get this ankle out, but man, he's got a strong grip. And so one of the big mistakes people make is they try to kick this leg like that. They're kicking, they're kicking, and they're kicking. When you're kicking, you're really going against your own leg. So what I want to do is I want to take my foot and I want to lift the inside of this thigh, right? So look here, we're here. So instead of kicking, I want to go here and lift so my foot slips right out, okay? So let's see one more time. Can I have one more time? Open, slip, and give a pass.