

Metadata: <https://www.youtube.com/watch?v=7CMGbJbknoU>

Alright, this time we're going to go from a failed triangle into the Heisengard. So here I attack my triangle, but my opponent's immediately posturing up. As he's posturing up, I don't feel like I can bring him down, but his foot's right here. His pantsleeve is right here. I'm going to drop my hips and cut my knee inside. And now I'm into my Heisengard. Into my Heisengard. One more time. Before I can lock it up, he starts to posture up. I'm just at the end of my feet here. I feel like I can't bring him down. Then I find the pants, and I have the sleeve. I'm going to drop my hips because he's holding me up. So I'm going to drop my hips, cut it inside. And then I'm in my Heisengard.