

Metadata: <https://www.youtube.com/watch?v=exw1GXsdGE4>

Alright, just the last move I'd like to discuss is going to be joint management to make it difficult for your opponent to slip and slide out. This is going to be a concern for control in general, but let's just say the further up I can control my opponent, in general speaking, towards the center of his core, the more of a challenge he's going to have from extricating his limbs. Let me give you an example. If I'm holding onto your wrist, and you just yank away from me, again, I can be strong enough to be a pain in the butt, but that's suboptimal. If I'm holding onto your elbow and you yank away from me, it doesn't come with as much speed, and it's also much closer to him. If I'm holding onto your shoulder and you yank away from me, almost nothing happens at all. So, when we get a hold of our opponent, let's say if we end up in a footlock, outside footlock for a second, if you're standing up, what I want to make sure that I'm not doing is stuff like this. He's trying, generally speaking, if he's doing a good job, to funnel me down his body, and he can easily step out. You see how I'm compressed, kind of squished up, and Frank is able to extricate his foot, and he can probably do that while also entering his fist into my head if he could, which I would really hate. The higher up on the body that I can control, as I start to expand up into this, the better off I'll be. How do you feel? Definitely more connected. Okay, now watch. I'm going to start to squeeze and hold on. Not very connected. I almost want to slide down, right? This was an important one. This is kind of a happy accident. They ended up going this way against BJ people, and a couple people asked me, oh man, did you put your foot behind his head on purpose? Absolutely. Yeah, yeah, sure. But anyway, if you're standing for some connection, like all the heck up here, the difference between that and curling down into myself and squeezing, how do you feel now? I can just have him move around for free. What I want to do is expand my body up first, increase the amount of surface area that we have, get in contact with one another, and start to climb over the top of his joints. This is the same thing that you're going to see if you're on the magic dome, like a totally broken system, start over. How would you work your leans? I would climb to the knee, then I would try to get to the hip and try to replace up higher and higher. If I just hold down here, it feels like you're just gone. Would you mind running through it? Sure. So I would think about connecting initially behind Ryan's knee, getting a hold of it, and then replacing as I went up. So rather than jumping and trying to jump up the rope, I would make sure I'm climbing in increments. So I would go left hand, okay, now anchored. Let me see if I can anchor with the right hand, follow up, and try to essentially climb like a rope. Would you almost do it the same way? Let's say you have a wrist, and you can kind of climb up. Almost like you're 2-on-1ing me or 1-driving me, right? Same idea. So just make sure, guys, that you're rolling some legs. Let's see if we can do some feet for a quick second. Let's do it that way. Walk. Sort of expanding my body up front. I'm actually shooting up like a snake bite. I want to start to get up his joints, covering over top of his knees. Again, if I grab my wrist, my elbow, when I pull my arm, my elbow leads. If you can hold behind the elbow, you're going to check that lead. If you hold my ankle, my knee is what leads. Get above the knee, you're going to have an easier time. So make sure, guys, as you're starting to drop into these positions, start to expand your body as you do. Go from small to big. Get elongated, get above their knee, get above their elbow, deeper into the core of their body, and you're going to have a heck of an easier time controlling them. That's also going to allow you to give them further kind of left-to-right off-balance as they're going to keep their hands on the floor and not hitting you in the face, which is always a great thing to do.