

Metadata: <https://www.youtube.com/watch?v=6hPqAZOJwzI>

Okay guys, we're gonna go over another entry into the scarf hold from the knees and this entry comes from when someone tends to try to push you over and so that's really really common especially against more beginner level students. They don't want to end up on their back, they don't want to end up on the bottom and so what happens is you kind of get into this pushing contest from the knees which ends up kind of being a little bit you know whoever's bigger or stronger gets to win. So what actually happens with this is we kind of give a little bit to take a lot okay and so what I mean by that is when we're starting here basically these the same position okay when he goes to push me backwards what I'm going to do is I actually stretch my hand and pull his elbow. So as he goes to push I just let everything slip inside okay so my leg goes up in the back my knee just turns and he's already kind of falling forward so he was trying to drive me I kind of resisted a little bit and then I let him slide forward now what's going to happen is my leg is just going to slide through and what happens is he doesn't really have any base here and so as my leg slides through all of my weight transfers here into scarf okay so I just slide my leg through and go immediately to my butt and all that weight is what drags me down so one more time we're here okay as he goes to push me and he pushes I stretch my arm down his back and hold his elbow now I slide my leg through so my leg just slides catch the inside of my leg and he's now in scarf okay I'll just show you guys from one more angle from when we're here and he's pushing into me so a lot of times I'll resist I'll push back and then I'll let him slide through so as he really goes to push I let him push but when I change my angle he ends up kind of falling forward a little bit okay and now what happens is because he's trying to go this way anyways now we're just going to let that happen and fall right into the scarf hold position making sure the hand is inside my leg okay guys so another really nice and this one's nice because when you actually fall into the position you fall with so much weight on your opponent's chest already it gets it already immediately from the get-go gets really really uncomfortable for them