

Metadata: <https://www.youtube.com/watch?v=2-UKB-o7syQ>

All right guys the next entry from top is from a body lock. Body lock is super popular these days everybody's doing it and of course there is a dog bar from there. So I'm hand fighting with Thor and again I do not want Thor to sit too much in front with the shoulders here because if you sit too much in front with the shoulders there will be no way I can really start to push him in. So I'm hand fighting a little bit I'm doing a small push then my head comes in and I lock an S grip. When I lock an S grip I want to think about I pull him to me and I rhino him with my head here to get him down. When I get him down I want to start stepping over the knee line. So the way I do that is that my right leg comes closer towards the buttocks. Now my left leg can step off and I can do a wide step over. Now from here guys I want to take everything now we're going towards the left I'm going to take everything to the right. So I change my head I make a straight leg and I shuffle towards the middle. When I go towards the middle here it's the same thing feet to feet hips in and put the quads on the mat. So I'm right here hand fighting with Thor I shoot in I get my body lock and I really pull him in so we get him down. Guys to step over this mountain right to get over the knee line you have to shuffle a little bit towards your left. Take your right leg with you now the left one can come and his leg comes lighter and lighter and lower and lower. From here guys step over now we just have to change everything from the left to the right. I swing my right leg and left foot leg pinches like we've been doing from the straight leg. Walk towards the middle lock my leg and shoot my hip in for the dog walk. Let's do an ash view everybody's favorite. So I'm here get my body lock and guys look at this if I'm here and I try to step over it's the mountain you can't do it. Right one goes as close to the butt as possible now a circle more over pressing down with my left. Now I can take a wide step over change everything to the opposite side. Now I have to straighten the leg guys left leg presses in right leg presses down. Get the straight leg extend his leg like we did feet to feet quads on the mat. All right just a different view. That is your body lock dog walk.