

Metadata: <https://www.youtube.com/watch?v=fcyPmKj1p3M>

Now what we're going to do, we're going to use the loading over transition to get our reverse triangle. So this one is very sneaky and I've done it a couple of times training with a lot of success. Very sneaky. Be careful, it might get you in your guard pass, but sometimes you've got to risk it for the biscuit. So what you're going to do is, you're going to be here right, you're going to be in the same position we were before, loading over. So I'm going to try to bring him over here, alright guys, but for some reason he's not going or he's just hard to sweep, so I'm going to transition these two here, the foot from being on the hip, it's going to go to the back of the armpit, and I'm going to try to keep on inverting into him, let go of the spider, shoot through, down, lock. Keep this arm here, don't let him escape from there, and now what I want to be honest is I want to wrap myself here, so he doesn't get to posture up or edit the entire posture up there, and then here I get to squeeze. I can also control the pants or the leg as well to extend him and put pressure forward.