

Metadata: <https://www.youtube.com/watch?v=J2o4PHXh6Ds>

All right we're rolling into this next one. That's kind of funny. We're rolling into this next one coming off of the last technique like the description or you know what we try to we're trying to establish within this instructional the high-low concept where we're trying to overload the the torso or upper body with pressure, discomfort and then it's this like you know disappearing act but it's like a thief bro you know he's already stolen the limb and he's headed towards submission town. And they might be seeing the the kind of reaction off of what your your initial take of like the leg you're you're two steps back already. Yeah no I we can get into that as you know from me from me describing you know what's going on on the bottom but it's just if we go back you know within the last techniques it's still it's focusing on that that same application of like I just really want out you know and again within the movement it creates there's there's this moment of relief but again that that sensation of where I'm like I'm out you know I should be responding tactically onto the next move but just there's there's no way to to attain that you know it just there's a lot of pressure let's do this Vince there's a lot of pressure and ultimately I really can't do anything tactically until I have that space and then once honestly I have that space it's it's too late so we got a couple uh we'll work on a couple ankles here but again um you know just coming off of this near near side crank concept and like I said you're here with your chest and you're trying to shoulder that's where you can have the guide and like I'm saying I want to have this this like pressure where I'm pushing you hear his voice kind of change that's what you want is this like pressure forward so I can redirect when I redirect you see I kind of get on my toes because I want to have this drive and it's a little bit unorthodox I don't want to put my head towards the wall this way I want to keep it towards his head and the same concept I want to roll over and like I I take my hand and you can you can either let go here and open when I go here like this you see how I'm diving and I want to bring this one under and you come in okay then you can either have this fold where you can bring it up yeah but take your hand like this and that's what I say the more that you have this whipping motion that allows you to fall into it smoother so when I'm here like this I want to take myself boom and I have this cradle so you activate your toes and you start to walk to a set almost like this north and south position but then you want to take your hand and you open and you see like I'm diving I don't want to I don't want to dive too far out I want to do like this like I sit into it so from here without him you kind of do this like I walk over and look how I set myself you want to fold into your lap you don't want to arch yourself where you go and then all the way from him yeah you want to literally fall on his hip so come here boom when I'm here like this and this is exaggerated you want to go here and look how you see how my hip is aligned to his so when I come around I'm right into the pocket okay yes okay and then I also with the pin again this isn't like a free spin the the torque he's I feel him pinching my thought pinching his thighs are like when he folds into this ashi there's a the that pinch pinch is what allows you to rotate around you're too far out here when you don't pinch and I want to go here and I walk but if I didn't pitch look I'm I don't have this but if I have this but if I go and I activate that that rotation from the inside hand here is what allows you to fit into the pocket okay I just do one um without talking just rip it and then that's what it is the more that you do with this momentum it's super easy don't talk just in here like this one oh all right we'll do it again just rip it a couple times here hey hey hey hey it's good so you know um it there are the the the details or points of focus is that you gotta make sure that you're not looking away from it because your rotation is here yeah when I'm here like this and I have oh and I dive over and I catch this well come ahead still it's like I'm ear to ear turn so you can turn I want to be here and like I say you're diving this shoulder in because I want to go hip to hip I don't I want to make him almost when I slide look how we're like close to each other okay you want to have this connection and this pinch goes here and that's what this is it's a whip you see how I can bring myself up into it then you slide yourself back and this whole time look where he's at he's this way he doesn't have his reaction time I'm coming up he's breaking my ankle

and what he had was a sense of relief where he this pressure that I was putting up there is gone now and then as soon as I was let him go it was I was already locked on to this so you're timing like I said you're two steps back yeah rip it again and then it comes off like I said it's this unorthodox movement I don't want to be where like like he says oh I feel this pressure I was trying to I don't I can't get this because he knows I'm trying to so what I'm doing is I walk forward whoa hey and then he's already too far okay you can let go now all right you cool with that yes yeah I can't do it no I'm too fat nah man uh no the kids got um something slick uh going on uh it the as as a high level guy or I'm an advanced player at on the bottom um you know so let's just say I'm aware of his game you know well let's just do it one more time I'm aware of his game I know these guys like to cradle right so let's just say um he's he cradles me all right yeah so okay our our buddy Neil Melanson's got a gnarly submission from here he likes to put the knee on the face um but let's just be honest where you know you're gonna put the knee on the face some guys are gonna block it I know I don't want the knee on on my face you know we have a little thing where I fake with this one and then I'll bring this one in but like listen um you know let's just raise the level of the bottom opponent or your bottom opponent and I'm gonna say you're not gonna put your knee on my face at all like fuck that so I'm blocking um and then the kid just runs yeah I'm not you're not gonna get that uh-huh he's going on my leg hey hey hey be careful uh-huh you guys kind of see the flow or how we can you know um everything was right in front of you the whole time you have to let go or leave your positive control which we were trying to emphasize the whole time everything just came off of traditional nearside cradle you know and there's nothing really fancy about it I mean you know we do have our details um implemented of you know chicken wing crank and imposing our will or you know making your opponent uncomfortable um to kind of camouflage our entries into the techniques or you know um opportunities to kind of steal the submission um I dig that one man so all right you guys have fun with that but be cool your opponents heel of the finish always all right thanks