

Metadata: <https://www.youtube.com/watch?v=9RO2H8FXvwM>

So another option that we have from this situation where I'm wrapping with an overhook or a wizard is if I can trap his arm and pull his arm out I have a lot of ability to drive him over. So what's important from here though is that if I take my hand off the ground it's kind of we both don't have balance so what I can do is when I go I want to put my weight on my head. Okay so he's got his hand when I trap I pull I put my weight on my head because now it allows me to control it allows me some balance I can I have a lot of balance and from here it allows me to control his arm right pull your arm out now from here look I just drive him over and I sit out. So that's another option and we talked about this option a little bit in another video because a lot of times what happens is we're here and he tries to knee tap me so he tries to reach across my body and grab my knee if I grab his elbow from here all I have to do is pull his elbow and turn my shoulder and drive forward and I'm going to win that takedown. Okay so one more time from here if I'm on my knees I kind of have based out like I said if I can grab his arm I'm going to grab his arm and put my head to the ground but a lot of times he tries to knee tap me and so when he knee taps me I grab his elbow drive and now I'm on top.