

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

So you have the back, you have the control, you're falling to that side that you're looking for. So you have the opportunity to be able to attack as much as possible. Again, pushing down, pushing down, you're getting resistance here. Take foot off if you need to, hip escape out. When that knee comes over from here, look, look, see how the person's natural reaction is to start to reconnect to this top arm. They are doing the thing that is the smartest thing to do. They're defending the most common thing that's coming next, which is the rear naked choke from here. So when they're doing this, we're taking advantage of this fact that even though our knee is coming over from this position, I still want to break contact with this arm. I don't want them controlling this wrist, okay? So as I'm bringing them towards the mat from here, and as I've started to reinforce this position with my leg over and dragging them down, now I can start using my heel to break connection. And look, my heel is going in, walk your, walk your legs over here. When my heel goes into this gap, my heel is going towards the mat. Why is my heel going towards the mat? Why is that important? It's to drag his shoulders down. The closer he is to the mat, there's more of a still target he is so I can work on finishing. The more his shoulders are off the mat, the closer he is building himself up to a more mobile position. So even with my heel over, I don't want to leave his body in this orientation. I'll start bringing my heel towards my butt so it's stronger, and I'll start stomping my foot to the mat. Not only does it clear the grip that he had on my wrist, but it brings his shoulders down. When his shoulders are down, now I can start lifting up on the Kimura grip that I have. Inside leg starts to articulate towards their face. I'm just bringing my heel towards their face, and now I can extend my leg that stepped over their arm, and I can make this triangle position. Now, again, I'm in a much stronger position with him in a much limited mobility position, which allows for greater rate of finish. So once you're in this position here, again, you're trying to finish, you're trying to finish to get to that position to be able to start advancing, they're giving you a lot of static from here. Hip escape out if you need to. Once that knee and inner groin comes over that shoulder and you start to peel them down here, you start to tilt them to the mat, that's when you can bring your heel over to scrape that off. And as soon as that connection's broken on the wrist, bring your heel towards your butt and stomp your foot to the mat. Lift up on the Kimura grip from this position. Now I can bring my knee up, heel up towards their face and step over, and now I'm in the triangle position from here, which allows for a lot of different finishes from this position. And that's what we're looking for once we actually break the connection.