

Metadata: https://www.youtube.com/watch?v=ZwC4A6m_tVg

So I just showed you this whole video how to feed the sleeve all these concepts and such important concepts. Now I just want to quickly give you an alternative when you're feeding the sleeve. Again feeding on the gi is great but sometimes I literally just go on the wrist and feed my hand like the sleeve grip to my wrist okay. So I wanted to add this in because I think it's really important you understand how to use the gi but at the same time the gi moves side to side when you go to a wrist control it doesn't move because it's exactly on the wrist okay. So I wanted to show you at first with the gi because that will teach you the understanding of control and everything but a lot of times when I'm doing this position I'll actually just feed it right to my hand like a no gi grip all right and both ways will work perfect all right. I just wanted you guys to first see the option of the sleeves and I think it's great with the sleeve as well but just understanding how to do with the sleeve and now you can do with the wrist as well when you're doing it okay. So I just wanted to make this video to show you how I feed with the wrist as well. So I'm going to be here I'm going to be in collar sleeve here right. I want to go more platter she pushes up right. So now I get the inside control with the wrist shake whatever I want to do from part two of the collar sleeve system. I have the double sleeves I get the punch grip I'm going to go here I'm going to go here as I go here I open her leg I go to punch the grip in. So instead of me going double sleeve now I'm going to go with my thumb on top of her wrist like this. Why am I going to do this? It's very difficult for her to pull out if I get a no gi grip on her wrist like this you see. So when I punch and I grab my her wrist like this pull your arm out becomes very difficult. Here is very strong as well but if I could get my thumb on top of her wrist over here this is super strong. Now I can grab the collar again here and now I can go to the omoplata just like before okay. Just another option for you guys from this sequence feeding your hand to the wrist okay. I feel like you'll feel it will feel like it's very strong if you could get this. So I'm here she's trying to fight me if I could get my hand like this now turn you see now it's easy for me to off balance her putting her way on the other side my head facing her shoulder now I can omoplata. So again here I get to this grip here look I get the punch grip on her arm I could even go no gi no gi look it's totally fine that's what I'm trying to show you that the no gi grip is great. I prefer a gi grip with this hand just because I'll be ready if I feel like this leg backs away to get back to the sleeve but I'm just showing you how you could do no gi to no gi even to get to the wrist okay. But we punch the grip here we get here my hand comes in I use my thumb under her hand like this I use my thumb under her hand like this once I get my thumb under her hand right under her thumb it'll be very hard for her to move here. Now if she starts punching up I can even grab her tricep like this bend your arm and go into here.