

Metadata: <https://www.youtube.com/watch?v=vvZJYBd7z3o>

Let's go now for the north-south position from side control. So whenever the opponent, please lay down, whenever the partner, opponent is on the ground this way in a side control, I'm going to do the same technique of holding his head, which is going to be easy for me to neutralize and control his upper body. So I'm controlling this way, I'm pushing his head to me, holding his armpit, the gi, or I can even hold the belt, it depends what I can hold, I hold the gi, the other hand goes to the other side, keep my head low, and I hold the belt on the other side. Then I move my body this way, and I stay right here, this is a north-south control coming from side control. Go on Simon. Good, keep yourself there. And that's the north-south control from side control. Good. Learn more at www.coachingbadminton.com