

Metadata: <https://www.youtube.com/watch?v=Hu4BHCAW0oE>

Another part for the barbell solvers if you got put in the bear hug when you're going for it And he got caught in a bear hug, and here's what we do So this is the bear hug throw. He grabs Brian has to put his weight down and Brian is going to go reach over his head And all he's going to do is throw the leg out and just sweep it. I'll throw it. Go Right there in that position he ends up in the Kasagatame, which is your scarf hold. One more time this side guys And that's your bear hug throw.