

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

You guys are really big on the double, the double leg. This is another option. Anytime I'm looking for a double leg, I always like to get their hips square and their knees together. So on this one, I'm going to do the opposite of a twister and we're going to go to knee pick. I'm basically just looking to pick his knee in to get his knees together. So head inside double here. See how he's got a nice wide base here. So what I'm going to do is I'm going to do the opposite of a twister. I'm going to rotate around as I pull this in and then redouble here. Now I'm just going to refit in, pull him off. Take him away from the cage so he can't get back up. One more time. As long as I'm in between him and the fence, we're good.