

Metadata: <https://www.youtube.com/watch?v=wqc7NqWhRLc>

So, the same position, half guard here. So sometimes, we can even get a submission from here. The same position, same thing. First, I wanna get what I have. If I have the pass guard, I pass. But if I have more than that, I have the submission, I'm gonna have it. So, go under, both legs, tie, have a grip. Legs, tie, have a grip. Now, this leg, go under this knee here, extending. See, the leg is not just going back now. Now, go under the other knee here, extending. Now, when I extend, the hand that was inside the half guard, the leg that was inside the half guard, go and lock it. Now, it's a kneebar. So, I'm here, and same grip, hand, hand. Good, good. This foot need to go under. The leverage need to be here on his thigh. If the leg is on the floor, you adjust the leg, move your own leg, because you guys are connected, because the half guard, you need to have tension on your leg. So, if I'm here, I can throw my knee under. See, my knee go under, my hand go under, the other hand lock it, and turn. When I turn, now I never release the tension. Get here. Now, his kneecap is my hip. Look my hip here. The power of my hip is going against his kneecap. Kneecap. Go under, hand, hand, leg, go under, knee. Now, this foot, lock it, and I always have the feeling of his leg. See here, I have the tension on the edge of his leg to give me power in the leverage. My hip is in the top of his kneecap to go against, and my hands make sure the other edge of the leg is tense to my body, like armbar. Put the armbar on his leg. Control the wrist, control the head. Now, I control the edge of the leg with the other edge of the leg, and my hips go forward. Okay?