

Metadata: https://www.youtube.com/watch?v=pp_FOCwn130

Now we're going to do an inverted triangle from the Barca lounge. I got this guy's arms. I got I got his arm over here and now I stuffed his arm in between my knees ready to keep him there hanging out having a great time. I've made my legs go at an angle like a scissor so that brings his head up. Now it's time I can attack that neck if I want to. So here's what I'm talking about. I'm going to bring him over here. His arms are in. I get my head going if I want to and miraculously any time this ends up here that's the time we do it right here. Get this get this hand right against your forehead ready for that Americana. I kick my leg out. I reach down and I grab. I hold on to this. Again if he puts this on the ground I'm just going to go grab a hold rock back and put this thing up and capture it again. I want to put my hand right here to stop him from bucking me up. When the time is right I can just grab his wrist and stuff it. That would be really good. He's no dummy. He's going to be right here so now I just start hammering him here and I make him grab that. I reach down grab his wrist stuff it in between my knees. Prison rules. Try to get that wrist lock. He says no to that. I'm going to bring this here and now his head comes up trying to break his arm. He turns his hand down now to stop that. Says no way. I don't want any part of that. I don't care. It was worth a try. Now I'm going to go inverted triangle. What I'm going to do is I'm going to grab his head and you can always hold on to his head right here especially if he's bucking because now what did I do? I made his spine go out of alignment and he's not as strong anymore which that's good for me. So now this leg that's right here all I'm going to do is I'm going to step over his head and I got to put my knee on the ground. I want my knee lower than his ear. This comes here. I step over collecting it. His arm is in here. His leg is in here. This knee goes down and I make a triangle. If you can't do a triangle just cross your ankles. Not as good but some people have baby legs. Me I can get this in here. If you'll notice I have an arm bar inverted arm bar I can go to right here but what I'm going to do is this comes up. Let's spin around a little bit right here. I can I can hang right here and catch him if I want to. I hold on to him here or I can easily reach in here grab this leg and hold on to it and I bring this back. My foot goes back and I tighten my knees together as my leg comes back. This is keeping him from moving and I just choke him out here. Again I can be here too. Same thing and I catch in here. Okay sorry. So one more time. We'll be here. Get this arm in here. Catch this. Sit to the side. Miraculous. I go here. I stuff this. Fine. He lets me have it. Try to arm bar him. He won't let me go there. I grab his head and I hold on to it. The meaner you are the better this is to keep a dude here. It just annoys him. I push this down. I pull it. I pull his chin to his shoulder right here as I step over. I put my knee on the ground so I can lock this up. I need to keep this right here and my legs are going to do all the work here. So over. Got to get my knee on the floor so this comes around. Triangle. I can break his arm here. Reach in here. Grab his leg. Hold on to it or I can hold on to his legs and I just bring this in here. Tighten that thing up. Let's go this way. Right here. Stuff this thing in here. This comes up. Grab his head. Just hold on. Look I turn it in a weird angle too. I'll hold on to that. Try not to do this like we did in the last part because he'll bring that over. But if he does bring that over look. Going for that armpit arm bar if I want to. So we're here. I go with push. I step over. I collect it super tight right here and I reach in here. Grab that leg. Pull it. Tighten this up. Tapping him out. The key to a triangle for those who don't know is I got my leg on this side of his neck as I'm pushing this to this side of his neck closing off his carotid artery. He has about 15 seconds before the lights start to go out and if I just pull my knees in and tighten my leg it's going to tune him up. Be sure again you can reach in here and grab this. Hold on to it. You can grab his waist. I like to grab his legs sometimes. Even if you get rolled over he's still got that sucker on there so it's pretty tight. you