

Metadata: <https://www.youtube.com/watch?v=Lc2EZm8dqyY>

I want to cover another standing concept, okay, where maybe you use your K-control, you land the arm bar, but you didn't get the off-balance. Now, you know, I trained back with Higin Machado forever ago, he probably doesn't even remember me. It was that long ago. And he was always, you know, I learned a lot from Higin, I really like him. I really like him because he was a bigger guy, and I think I got a lot from Higin, okay, just being around him. But I didn't train with him a lot, you know, but he was good. And he had to say, he'd always say, if you do an arm bar and try to finish off your back, you got a 50-50 chance. If you sweep him over, you got a 75% chance you're going to win. You know, and that's just a rough guess, but the way he was encouraging is, you'll always do better if you do an arm bar and put him on his back, you know. You can finish guys off your back, obviously, but getting that sweep is important. But sometimes, the timing arises, you get into that arm bar and you're trying to finish, and what happens, guys inevitably will stand up and they're trying to pick your ass up and slam you, right? Then you got to make the adjustment. So most of you will be familiar with this, I just want to go over it real fast. Most Jiu-Jitsu coaches know this kind of technique, so you should be able to get it. Okay, so now I'm working K, I'm playing the game, pushing, maybe I'm hitting, playing this game, and then, oh, drop him, and he reaches for my head or whatever the case is. Lock my grip, okay, I start to hip out and I hit from my knee bar, get good contact, right? Now while I'm here, I feel him start to stand up, oh spirit. So now he's going to get ready to pick me up. So what happens, you got your base, okay? Now from here, I'm going to push on this leg hook that I have, and I'm going to reach for this leg. So I go from near leg to far leg. I'm going to pull my head between his legs, and it's going to cause him to get off balance. I stay death-locked on the arm, rotate, rotate, he comes over, up, and finish, okay? Doing it slow is always terrible with these techniques, okay? So if this happens, you got to switch, okay? Other words, guys, they'll try to shake you out, get their elbow out, or they'll just pick you up and try to spike you on your head. It's not worth it. It's not worth getting hurt over that. So most guys just bail on it. But all you have to do is switch the leg, and you're money. What's a good angle for that? Justin was facing this way, now jump on Justin facing that way. I was facing this way first. You were facing me, right? No, no, I'm saying when we started, I faced this way. One biggest, so they can see me. You need to see the hook, right? Yeah. Alright. Okay, so I'm in K, I'm playing the game, everything I kind of already showed you. Maybe I'm pumping away, I get him to come back down, I lock that arm, okay? Now I wasn't able to hit that sweep, but I get into this arm bar situation, and now Justin kind of just starts to stand up, okay? I feel he's ready to come up. Now I'm going to push on this, move my head towards his crotch, and then hook this leg here. And then as I do this, I'm going to keep my abs tight, because I don't want to lose control. So when we come here and sweep him over, I'm here. Keep the leg 2-on-1 on the arm, stay nice and tight, okay? That's an old technique, I'm sure you guys, if you haven't seen it before, a lot of coaches know it, it's nothing special, but it's a good concept. Don't be lazy with it. I see it in MMA all the time. Guys will pick each other up, they start to get to their feet to pick each other up and slam them, and the guy just doesn't go hook the leg, or he stays on the arm, he's trying to break it from here, and what happens, he inevitably gets spiked, and the elbow slides out. All you've got to do is be Johnny on the spot, hook that leg, remember, saucer block, keep your abs tight, and you shouldn't have a problem at all, it's very high percentage, it's not a weird move, alright? It's very simple. www.larryweaver.com