

Metadata: <https://www.youtube.com/watch?v=AnG-hPhRLfA>

So let's take a look at how we can get into an offensive position from the underhook. Okay, one of my favorite positions to get into when I'm doing nogi is a front headlock. There's just so many different things we can do. So we're gonna spend a lot of time on it. From the underhook, okay. Can I go with it? Yep, he's got his wizard. That leg is gonna be back so that I can't stand him up. Okay, we're gonna be, he's basically got good head position and I know I have a good position because I have an underhook. Even if I'm controlling this wrist or his bicep or tie, whatever the case may be, I have the underhook. Now I just wanna use it. I have to find the off-balance point, okay, to get to that front headlock. I can't just climb up here because then he's gonna swoop to the back and then I'm gonna be done, okay. And I want my back taken, but more importantly, I don't wanna be thrown for five. Okay, so you have to get in position. There you go. And then now stay here, but let go of the underhook. Okay, so now that we're in this position, okay, this is kind of like the start position for us to start our chain wrestling and our offense from here. What I wanna do is I wanna find, can you stand up by yourself? There you go. I wanna find his off-balance point right now, which is through the triangle tip, which is right here, which means if I go diagonally through him to the back or to the front, he'll fall off-balance. So if I push him to this back corner over here, he has no base. If I push him to the front, he has no base. So what I have to do with my underhook is I have to cut an angle while leaving his feet planted to get him to stumble forward. So when I have my underhook and he has his overhook, what I'm gonna do is instead of keeping my right leg engaged because what I really wanna do is jack him up to get my hips across for a big throw, he's doing a good job of keeping his hips back. So what I'm gonna do is start attacking the back of his head. I'm gonna take my leg and I'm gonna shoot it straight back and then I'm gonna back up quickly. And then I can use my underhook to pull him in and pull his head down to put him in his front headlock. So I'm in this position, we're in nice and tight. I'm gonna slide back, slide back, pull his head in and now we're into our front headlock. You can keep this here, look for your high elbows, okay? You can go back in over the top, okay? We can just keep it and we can throw our hips across for a takedown. There's a lot of different things we can do from that position, but getting there is super important. From this angle here, while I'm here, he's backing up, okay, I wanna find that angle. I wanna find the angle, I wanna slide back, boom, and pull his head in. The pull comes from my hand here on his shoulder, okay? Let's go over this angle again. Right here, when I slide back, I'm gonna pull his head past. So my hand is pulling into my heart. Even though it's above it right here, he's cranking down hard, when I slide back, you can see that I can keep his head up with my shoulder and then when I change my feet back, that's when I can pull his head past and into my arm. I wanna make sure that my weight never comes up and gets the front headlock. I always wanna bring his head down and into position. Let's go to an angle. A little bit, 45, yeah. So when I'm in this position, when I slide back, I wanna make sure that right here, I pull his head through the hole. I don't wanna pull him into me and then have to go up and go get it because now he can lift and then cut the corner and end up on my back, okay? So again, we're here, I'm lifting up nice and heavy, I can't get to him, I'm controlling his wrist. I'm gonna slide back, boom, move my feet, pull his head in and notice he's turned, okay? I still have my underhook, okay, I have the head, I can do a lot of different things and positions from there but I gotta get there first and that's one of my favorite ways to do it.