

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

From the overhook, use your pivot to move your opponent. And you'll notice his leg comes out. We take that leg and go into a fireman's carry position. From the overhook, use your pivot to move your opponent. Twist first before sitting and then sit down and throw. Then pin or control. From the overhook, use your pivot to move your opponent. And you'll notice his leg comes out. From the overhook, use your pivot to move your opponent.