

Metadata: https://www.youtube.com/watch?v=N_sADbX1kT0

In this section, we're going to cover two of my favorite setups, the double leg, so good start here. So, first one's going to involve that arm drag we took a look at earlier. So as I'm reaching my antagonizing arm up, he brings his lead hand up to try and mess with this hand as it's coming through, so my hand snakes under, and I set the grip that I'm after. From there, I'm going to reach with my right hand, I set that grip behind his armpit, I step off the train tracks, on the train tracks, and I'm looking to connect my sternum to his shoulder. We don't need to step in, we're in the perfect position to begin attacking our double leg. I lower my level, and I want to set my left hand in a very interesting grip here, so I'm just going to alter Zach's position here. Great. So, my left hand's going to set a very interesting grip, so I lower my level down, and I want to set the grip so the palm of my hand connects to his quad, and my elbow is pointed at the mat, right here. It's kind of an awkward grip, but it's very powerful. Then from there, my other hand is going to reach for his leg, and we can finish just how we did the other time, nice and smoothly. One more time, let's get it from this angle here. My antagonizing arm comes up, he goes to mess with it, I go underneath, and I set my grip. And from there, I bring my hand up, I go off the train tracks, on the train tracks, through to here, and then I set my grip right through here, elbow pointed at the mat. Another option for finishing this, is you can make a rear-naked choke grip here. Let's have you turn and face the camera. Right here, my right hand connected to his hip, and this is actually a great way for us to easily lift our training partner and go in for effective dumps, putting them on the ground. So, the arm drag's a solid way to get there, and let's consider this elbow facing down grip whenever we're looking to hit the double leg. So, we're going to cover one more here. So, this is when I get to my underhook, bang, bang, I pull down, I set my underhook, I get good head position, and he makes a pretty critical error here. He takes his hand, and he starts reaching across, boom, that's what we're looking for. When this elbow goes across the center line, we pop this up and lower our level. So, his hand's up and exposed, I pop, I lower, my left foot steps in, and then my knee goes through, and I come through to the side here. So, we're going to set that same grip here, elbow pointed at the mat, our hand comes up by his leg, we pivot up, and we finish our takedown. So, those are two relatively easy ways of getting in on your double leg. Let's do that underhook one more time, just from a different angle. Let's have you set in right there, bang, bang, he makes a mistake, yes, right through there. So, same thing, elbow pointed at the mat, pivot up, takedown.