

Metadata: <https://www.youtube.com/watch?v=I-4771NfsUA>

so let's gonna work another variation of the dribble here all right with nimble versus back so as i go there right because look my my body's over here look so boom i'm in here all right so look one two and three now when he pushes here look oh i don't wanna use my hands boom and i'm in here okay then boom from out okay again so what i did was so i'm in here put my knee in the back boom now look from here both hands on the mat all my weights on my hands my legs is this one two three and four now he's gonna push my knee when he push my knee look i cannot do from here i need to adjust myself one okay now i go to the side full mount here a lot of times if i don't have this arm let's say the guy have both hands here look i just lock the guy my goal is not choking it's just lock the guy up my head on top of his head then i'm back to the full mount position