

Metadata: <https://www.youtube.com/watch?v=z6CaZ0CfobE>

So we're back in the habit to have the balance here, knees in, heels is very light so my hips can go forward, back, side to side, hands down. As you see I have the little stick over there that represents the spine, the center, plus my opponent over there. So I don't need necessarily to be in the center, I'm going to be in that 45 aspect that we can exercise this, this, this, not so much here, otherwise it can be your back, 45. That allows also you're going to go out, to back in, to exercise your hips, into the person to have it, not just there, because otherwise someone is very strong, can push you off, you're static, they can take advantage of the angle. So if I'm back here again, here we can be on the knees, let's say 45, see my nose, chin, external, straight there, related with the spine. I can change the angles, and we can go for some passes, exercise your hips, no feet on the ground, to move your weight on the plus.