

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

Right now it's the same thing, the arm drag, but now inside of like tripping him with the outside leg, I'll trip him with the inside leg, the leg that's between the legs, actually it's the leg that's forward right here. So I'm here, he's gonna reach through my shoulders, I got a walk off, drag him, I do like a nice step forward, reaching behind the knees, and I make a hook. And again, my hook is not like posting my foot on the floor like this, my hook is here, okay? It's like using the back of my calf, behind his leg, okay? So I go here, one, two, three, and then take him down. Notice that my foot, the plant of my foot never touch the floor, and that's a huge mistake, when I go here, people they go like this, they try to put their foot on the floor, it's not gonna work. So it's the back of your foot that touch the floor, it's the side of your leg that touch the floor. So you're here, you go one, two, take him down. On this one, you can have one hand on the leg, the other hand right here, or both hands on the knee, it's okay. I like the hand on the hips. I feel that I can push him with my shoulder back, so I can push, I sweep the bottom part of the leg, and I push the upper part of his leg, okay? Which is his hips. So I go here, I'm moving to reach, one, two, okay? One, two. So now I step, okay? As I step, I go really fast. And then I got a double leg using the hook. This is really effective, from here I go, okay? So I'm doing really slow, again, one, two, three. And then taking down, chest on chest always, so you prevent the onoplastic, right? Again. Okay? So it's slow again, it's really hard to do it slow, but I'll show you here, look. Step one, arm drag. Step two, you go with this leg forward, but you don't stop here, look. The step two is all together, okay? The step two is not this. One, two, and then three, I hook, no. The step two is already chopping his leg, okay? So you go one, two, catching his leg, and then you got the arm drag. See the take now. So this is a very effective way to take your opponent down too. Really safe as well, it's really hard for you to attack guillotines and things like that. Okay? When you move forward, your opponent will reach like this, okay? And you go, it's just like, so when you're going like, you see that my hand is, I don't exaggerate on my move. I don't go like, like this, okay? I just go really, really sharp, and my elbow keep here. My elbow never like, goes like this, okay? My elbow keeps, I keep my elbow right on his, oh, right on my rib, like this. I'm always close. I go one, two, take it now. Okay? Again. Guys, so just repeat that over and over. It's a great way to take your opponent down. Okay, very simple.