

Metadata: <https://www.youtube.com/watch?v=x6fDSxssDPI>

Here's a diesel squeeze will set up from Butterfly guard when you're passing on your feet, right? So he's sitting up like this. He wants to grab me maybe wants to grab my leg You can step right in and give them your leg Okay. Now here all I'm going to do is I bring my Chest over top, but now once my chest is over top. I want to really Squat I'm squatting in and I'm on The ball of my foot right here like this and I'm driving my knee into his chest while I'm pulling this head This way, right? here and this hand There's this space here. You can go this open hand right there. Okay, so I'm here I'm down and I'm squatting and I'm pushing a little bit and I hook this up hook up the grip And now right here, you should be able to finish this right here I'm just heavy pressure crowd in and you'll get the tap. All right, we'll go to the other side Here look Over top Look where my hand is my hand you can see I'm like grabbing his On the opposite side right here. Like my fingers like on his cheek almost right here like this, right? I'm in this pocket and this is important. I Don't want to be on my heels If I'm on my heels like this even when I'm over if I'm on my heels and I'm kind of sitting back on my heels He can really just run me over and stuff like that Maybe you could still you can still finish this but that's not the best That's not the best Positioning right, especially if you want to just stay on top and get the pass. So here Lock this in I'm on the ball my foot and my knee is driving in and that'll even make a little bit more space for you to sneak this hand underneath here and Lock up this grip Downward pressure on that elbow and Push in crowd with your chest right here to get the tap You