

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

I told you in the beginning it's all about the arm positions of your opponent and you've seen it you know when I can get the triceps there's a good way of going for the arm saddle when I can't get the triceps you know sorry not the arm saddle when I can get when I can get the triceps and I can go to the reverse triangle and of course I could also go to the arm saddle it doesn't matter but if I can't get the triceps then arm saddle would be my only opportunity because triangle is not not available and if my opponent is smart and he knows that there is an arm saddle and there is a triangle you know she can't hide both arms and when she hide both arms then my two major attacks are not possible but there is another attack possible and that is the triangle choke the classical triangle choke so let me show you what I mean so I'm here and let's try I'm here and like I said I'm turning and control her head this arm is not available and this arm because she's smart she hides this arm here you see so this arm is away this arm so I can't go for the saddle what can I do I can pull out this leg and she passes but that would be the wrong the wrong idea so what what is smart to do um I can't reach down here I can't reach down here what is the smartest thing to do smartest thing to do like always as you do move your hips first to create distance once you have moved your hip bring this over and here control without beautiful triangle choke you see simple but really good to do the key you know I'm sure you all know the triangle choke I'm not talking with you about things that are discussed hundreds of times so you know how to do the triangle choke but the key is the transition you know the transition is the key because the transition has the danger that she can pass it you know here and here and if I would just use this this leg first it's hard to stop her neck from posturing up and moving forward I have you know this one is good but still when she goes forward and she's strong and she comes here she can run me over maybe you know I have experienced that with a student who is much bigger than myself and if I would pull out the the leg first um he would pass me you know so not a good idea so here why I'm not doing it because I need to need to um the x shield actually is protecting me from the past because the x sheet is giving me when she smashed me I can do this if I don't remove my actual first there is nothing that protects me if she pushes into me pushing them yeah so I can't so I can't remove the action I mean I can't it doesn't make sense so what I do is I keep that here and I come up here if she now pushing into me here I still have the action and that gives me my space to apply beautifully locked in right in the show that is an important point and you know the x shield is your your insurance to get past because you actually allow you to move the hip whenever you remove that you are prone to getting past so here she hides her arm she hides this arm can't get any of these out you know what should I do like I said it doesn't I need to do something you know so what I do of course I try to control the hand and then I do I do switch here to this direction and I'm not staying here because look at this if like I said before she is right above me and my shoulder my leg is on her shoulder and you know old school jiu-jitsu you know the leg on shoulder pads you see you don't want her to smash me here still if my leg is there it's better than nothing but I don't want that what I want is this right here I come up and I twist here this is what I want even if she comes up with this up yeah that's okay that's beautiful from here easily move up move away and last time yes last time and this happens a lot if you do this with people who you train frequently they know you're doing the the head shield they hide their arms of course so this is something that happens very often so here here because you can't control this you know can't can't get this so all I'm always I do this this is always good you know this always will stay here or I immediately go here you know this is actually don't worry too much about this leg worry about the hips so if I'm here and you know all I do is this you know if she comes into me I could go you put your head head up yeah I could bring this in front which I will show you later I could put that on my shoulder hands up I could put that here it doesn't matter there is a lot of stuff to do the key is here the key is make sure you're not losing your base you're not losing your ability to move so I'm here I come up here I move I slide this is the transition from the action into the classical triangle

choke once she's hiding her arms so you contact