

Metadata: <https://www.youtube.com/watch?v=0QxRIjrgrTg>

All right, as we're in that rollout position to not let him get on our back, there is a really sneaky submission from here. So, he has the seatbelt grip, right? We hip escape out over top of the ankle. I come in, I bring my hands in and get over here. As I do that, he recognizes it and starts to try to retake my back. Go ahead. I bring my hand on the front and I grab my own hamstring and I go for the front headlock. I go for the rollout. He feels that, so he posts out for the rollout. When he posts out, I simply catch his wrist with my thumb up, trapping it on the front side of my, on the back side of my heel, and I'm now applying pressure. Go ahead and give it a verbal. So, I catch it. If he doesn't post out, I'm going to take the roll, right? When he does post out because he recognizes he's going to get, he's going to get rolled over, I catch the wrist and trap the arm. If I can sneak it in front of my, in front of my other leg, I can now use my hips to bring that pressure in, and my hips are going forward and my legs are going backwards and I'm here. Go ahead and give it a verbal.