

Metadata: <https://www.youtube.com/watch?v=1ae7CvjP01g>

All right, everyone. So, we're recognizing the movement on where to go from that. I also want to take a look at the top arm position. So, he's in the back control position. He's with the seat belt grip. Just understanding this top arm, right? Anytime that I can get his top arm over my head and on the other side of my neck, that's going to bring it to the side that I want to get my hip out and away from him. I'm starting from the two-on-one grip control. So, as opposed to focusing on this and beating the hip out and getting out from underneath it, I'm going to now focus on the top extremity, which is the over top arm with a baseball bat grip hold here on top of it. My thumbs are going to be inside. I'm holding his wrist and the motion in which I want to go is I want to lead with my left shoulder, which is this shoulder, right? Your right, my left. I'm bringing this shoulder to the mat first and I'm doing that by swinging the baseball bat over my head and gluing my far elbow on the mat, right? If I can do that, I can extend his arm. It's preventing him from coming up. I can swing my arm to the inside of his arm, keep my hips away and swing back. you