

Metadata: <https://www.youtube.com/watch?v=gNSebGQxSA0>

When, what happens if I base? You know, some people are gonna see it and then some people are gonna base instead of just keeping their, try to keep their cross-base up. Yeah, like, right here, right here, right when you bridge, instead of keeping this. They pull off. Yeah. Well, you got a few options, right? The most basic one is just like, boom, you go and get it back on the line up, hips on the guard, right? So, but, again, I do like to always use the grip I already have to, like, kind of waiting for something. I'm kind of like, okay, when I go over here and I start hanging on the pop, instead of bridge, yeah, and you feel like, oh, I go off. So, my arm's already there. Look what I'm gonna do. I'm gonna shape out, lasso my vice, like, do a real neck choke right here on my arm, and then go back. Oh, and now, so you move this hand a little more. So, look, guys, let me here. So, hands on the pop, as I bridge, yes, he's pull the arm off, right? Because he feel the pressure over here. Look the space I have over here. So, I go right there. Like, open, go right here. My thumb has to be facing me, right? So, I lasso right here, real neck choke his own arm, right? So, as I do that, when I extend my arm, you're gonna be facing him. Man, that's like a choke and the tricep. And the tricep at the same time, right? So, over here, remember, I miss, pull right there, pull, hang on the pop, oh, right here. No, I'm just kidding. Nothing wrong for you to, like, step on the hips, pull, go back on your safe spot. Great, just go back on the guard, right? So, but I'm already there, can I wanna go back there? So, when we go here, as I bridge, yeah, to go here, his arm fall away, go right here, lasso. Right here, remember, like, right behind his trice, not behind his elbow, it's not behind his shoulder, right behind his trice. I use this, my forearm, right here behind his trice, my thumb has to be facing me. When my thumb is facing me, open my elbow, sink my hands in and control my own elbow, my bicep, then pinch, right here. As I do that, go back that way, and then put the pressure. One more time, let's go back to this, and go back here. Ooh, so remember, right here, I pinch my elbow to make sure it's not gonna open, hands on the pop, I'm ready to go, I put my hand on the floor, I bridge, yeah, it's right there, he open up, go right here. So the thing, like, you don't wanna miss the elbow up on his jaw, yeah, so as I open, I go right there, and then glue right here, and then pinch my forearm on top of his shoulder, right? So now I'm gonna be facing him, as I'm facing him, I do like this move over here, extend my arm, more I extend my arm, more pressure gonna be underneath his jaw on the choke, and more pressure gonna be right here on his trice. So right there, controlling, hands on the pop, bridge, look, see how I make that bridge really big? Now like, boom, right there, all right, so.