

Metadata: <https://www.youtube.com/watch?v=rhKUhj3Ley8>

Now we'll look at a heel hook defense from this position if their heels are together then you're going to get submitted pretty quickly so you have to spread your opponent's knees apart even if he pulls at that point if his knees are apart he's not going to get a tap spread your opponent's knees spread your opponent's knees