

Metadata: <https://www.youtube.com/watch?v=rrX8a2tp2Bw>

okay guys so now in this section of the instructional here we're gonna start diving deep on how to stop all the different approaches that people can use for the over-under so in this case it's gonna be like how to stop the over-under brother which is the for who's not familiar with the over-under the over-under brother is the one that it's like the over-over it's like when you're like setting up your spider guard and you still have your both legs bent they control inside the pants they make a ton of pressure and they got something very similar to the over-under that's why it's called i call it the over-under brother i'm going to show you guys so let's imagine i'm fighting this thai and i'm here and then pay attention that thai control my both legs over here and with his right hand he's gonna make a grip inside my pants not this hand the other one and then i can't move this leg anymore so go ahead thai so he's gonna stay on toes he's gonna cover my foot he's gonna look to the other side he's gonna cover my armpit and now he's gonna set up that same thing we did before but if you guys pay attention right now it's not the over-under anymore it's the over-under brother or or some people call the over-over as well because if you change the angle over here this arm from thai is not under my leg anymore it's over so he goes there and he's gonna walk to the side he's gonna stretch my leg down he's gonna walk to the mirror and here we go he has the over-under brother and he's gonna grab my guard so it's not under it's over so it's not under it's over and how are we going to stop that so let's come back let's change the angle again because that angle is going to be better you're going to see i'm fighting this thai and he's gonna start setting up the over-under brother so guys the main key over here is if i gotta work on a way to stop thai's steps so thai's gonna lift his hip up and his first step is to try to bite my foot with his hip if i let him get here i'm starting to get in trouble then his next step is to cover my knee with his armpit now i'm in huge trouble huge trouble okay so what are you gonna do is in the very beginning when thai didn't even have my foot yet i'm gonna make sure pay attention to my foot instead of stay with my foot like just like that like this i'm gonna make sure i contract my foot so i'm gonna bend my foot up as much as i can so then when thai try to cover that foot it's harder for him look it's harder okay and now another thing that i'm going to do is i'm going to almost like imagine that i'm going to bend my both knees together so i'm going to keep my both knees as close as possible to each other so now when thai tries to bend my leg or to cover my foot go ahead that it's hard for him and now the other thing i'm going to do is i know that in order for thai to do that he has to open his arm a little bit so all i'm going to do here is i'm going to try to put my both knees together and i'm going to frame his both biceps okay so go ahead thai and this is going to make his life much harder but i don't want to just stop over here right at some point i gotta i gotta break his party right he's having a party here like having fun trying to get my leggings and that the way i'm going to stop that is i brought my both knees together and i framed his biceps go ahead thai and he's trying to get there he can't and i'm going to stretch and i'm going to go for a moplada or i'm going to close the guard or i'm going to do this or i'm going to do that okay so once again thai is over there so expectation if i keep my both knees open if i let this elbow grow a little bit and if i let his hip grow he will be able to get there so what do i have to do i'm going to bend my foot up i'm going to close my both knees and i'm going to control his both biceps over here try to get there thai it's much harder for him look at that okay and then also i feel the chance i'm going to stretch his leg and pull his triceps and i'm going to start attacking him with a moplada and everything okay as i have been talking here for every option there is a counter option so there are things that thai can do here as well which i would advise him to put even more weight on me more weight almost like a blanket and it's going to be harder for me to do this but that's going to be a very good option for the person of order to save time and to set up this moplada and etc etc etc so let's keep moving and i hope you guys got it