

Metadata: [https://www.youtube.com/watch?v=TrrP3Be\\_F34](https://www.youtube.com/watch?v=TrrP3Be_F34)

As you know guys currently in judo you cannot grab legs you know uh take it or leave it i'm not gonna spread any judgment i'm just giving you facts you still however can do your taekwondo but now you're gonna have to switch to waist lock okay guys so setup is going to be the same only now instead of here i'll get david around his waist lift and rotate try not to grab the belt in samba we have uh with uh holes for the belt and belt sits nice and tight but note if i grab david's belt it can rotate easily without any effort 360 degrees or fewer or more or whatever so what i do with my hand i grab him right up by the hip bone and i pull it in remember my pinch here it's two-dimensional i pull towards me and elbow comes in so it's not right here my elbow as you see exposed i will pinch it right here so we become like one unit there is no separation between us okay waist lower up and drop okay guys so that would be your judo uh legal version you