

Metadata: <https://www.youtube.com/watch?v=PdUIOW2bdJA>

Okay guys, so the next attack we're gonna do here from the knee on belly I learned from again from Marcelo Garcia And it's funny because when Marcelo goes to knee on belly, he's not only thinking about knee on belly submission he's thinking about knee on belly trap the arms submission and most of the times the person on board is so worried about Submissions and and about the knee on belly that they forget about their arms So we're gonna use the knee on belly to trap their arms and Then from there you guys will see how many doors will be open for us. So let's do this Let's change the angle There you go. Fighting against Zach and we saw in the last move that the idea here is to control the lapel, right? control the belt, right? close the elbow and And Knee on belly. Guys, most of the times you get the knee on belly, the person is worried about this arm They know that they can get here and attack his arm over there and then they forget about this arm You can see Zach has his hand on my shin over there and he doesn't expect anything coming from that arm So what I'm gonna do my right knee is gonna trap that arm And I'll also have my right knee on that arm I'm gonna switch to my left knee and then my right knee is free again And now his arm is trapped So if you try to move that arm, it's gonna be hard. It's hard for him Okay, guys, once I did that now I'm gonna come here and I'm gonna trap this arm as well So look what I did. He cannot move any arm. His both arms are trapped Guys, once we did this there are so many options over here. Okay, I think the most basic option that we're gonna work right now I'm gonna switch my hand from his collar to the ground. I Pass my leg over I'm gonna pull him to me Okay, and then from here I could attack Kimura boom and I Think you guys know what's coming, right? I can just go to the arm bar If I go to the arm bar, I'm gonna control his triceps I'm gonna control his pants make it almost impossible for him to escape and now my knees just gonna keep coming sit up and Get the arm bar Controlling the leg and controlling the arm and the arm bar super tight over there If Zack tried to roll it's gonna be really hard for him because I have his pants and now I can switch for both hands And getting the arm bar from there look guys, I Would always suggest you just lay down Just try to drill working like Knee on belly, trap the arm, switch the knees, stay here Come back again So Knee on belly, trap the arm Switch the knees Stay here That opens so many doors. So many doors. There's so much stuff that I can do here But the most basic I'm also gonna get control of this arm Hand on the ground bring him to you Bring this leg over from here. You can easily switch to kibura boom And I can also control the pants Bring my leg tight Sit and boom. We have the arm bar over there And that's it Nothing fancy all about controlling so It's a very nasty control like you have his both arms. You have your knees on top of his arms a painful position for him he literally can't move and You have all your submissions from there So let's keep moving and I hope you guys enjoy this one You