

Metadata: <https://www.youtube.com/watch?v=uMRlcpzYA30>

Another cool setup I use a lot for the Kimura is this little two-on-one grip. So what happens here is I'm going to transfer my wrist grip to her elbow and I'm going to take my other hand and grab on the shoulder. So I don't really care which direction you go, you can grab here and then there. But what I'm doing here I actually want to cause her a little bit of pain. So just think about breaking a stick over your shin. So I'm going to treat that like I'm going to break her humerus over my shin. She doesn't think it's very funny. So I'm pulling this down and I'm driving my shin in. It might be easy here but do it pretty hard it's pretty painful and as I'm doing that like breaking motion I'm also rolling. So I'm going to roll this up. So I'm breaking and then I roll that through. So what naturally happens is the hand goes back, this leg comes up to pinch and I slide down to the wrist and very heavily slide across to there. So I'm in good Kimura position, knees are pinched, hips off the ground. This is very heavy, just stay heavy on your Kimura. All right, so I'm going, nothing's happening, this didn't work. One, two, drag, boom. Let it slip, let it slip, back. Okay, so I'm here, I'm working, working, it's not working. One, two, she might even try to sit up. Yeah, just keep that pressure. Boom, push it through and lock it down. Go and then don't just open up, right? I come off the shoulder and drag it, drag it, drag it. I'm keeping heavy, I'm keeping that pressure downward and then I've got it and then I finish. Okay, same thing as we always, always, always have that straight arm Kimura. Okay, easy enough. I think you've got it.