

Metadata: <https://www.youtube.com/watch?v=eSsnIKo8gLw>

i want to show you now like a variation from the bow and arrow choke however now when you're standing all right when we're like uh doing the body lock from behind and we see some opportunity to jump all right so how works the jump guys the jump is like i cannot like get my seat belt and try to jump later all right i i like to to move at the same time so as it's connecting my my my grip i want to jump and i want to change the angle to you see so i'm i'm connecting my hands all right so as it's connecting my hand i bend my body i bend my my legs a little bit just to to give me more more leverage and then i can jump so as soon as i jump over here can you turn yeah perfect i want to flip his collar to make my grip at the same time that i cross my leg like around his body i want to i want to reach his his leg over here and i want to show my head under to bring him right on top of me and as soon as i end up over here i trap his arm or cross my leg lean backwards and got the choke so one more time that that's when you're standing you know even though it looks like a really is a really is a really beautiful choke it's not hard to to apply right what i have to do is to drop my head inside and hug the leg is gonna flip around top of me and we're gonna end up in the more narrow choke so once again i jump over i flip the collar i cross my leg and watch i hug as soon as i hug i have him right on top of me i trap his arm throw my leg over and then i have the boy in a row let's show one more time a little faster you