

Metadata: https://www.youtube.com/watch?v=nbTU_VWcuvQ

And the low hip grip is something I'll use if I can't utilize this arm or if just weird things are going on. What the low hip grip is, I'm actually reaching across and grabbing my other hip to pinch this in harder. I don't care what I grab, I can grab my belly fat. I don't have a gi to grab, so just make do. So like if he was holding this, and I just couldn't get free, I can still use my hips to isolate, separate, and extend. Remember, the three core mechanics are what you're looking for, so what you use doesn't matter as long as you can do it. The whole time I'm here, say he was grabbing this, I'm going to be trying to get this free however I can to switch back to here, because this will be more pressure, but a lot of the times I can finish this.