

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

Hey guys, now we're going to show you another situation from the coolest guard in the game. This is probably one of my favorite situations I've been practicing for a long time, which is like the mirror block. Normally the mirror block, it's a variation that Frank Mir did on UFC, but I've kind of changed it to myself. I like to do some things that I like to apply it. You know, I've kind of just said to do it key and no key. And I'm going to show you guys some details that I like to apply it, but I also did like on Pan Ams. I did some of my super fights. And you guys can like check it out on my Instagram. There's many pics of me like doing the fight ones. I'm going to show you the basic situation, which is starting here on the cold square. And I hope you guys enjoy it. So let's go here, starting on the cold square again. It's going to be the same situation as the first and second and third one here. We're just going to remove the space and the pressure between me and my opponent here. I'm going to start doing the pressure so he can go, he starts going up here. And then I'm going to start trapping his arm. Remember from the armpit, then his elbow. Now the situation here to the mirror block, it's very simple. I don't want him to think that I'm going for the arm bar. So what I do, I make him feel comfortable on this situation here. I kind of want him to be like not aware of the situation that's about to happen. So I kind of release a little bit of the pressure. But you got to be like always paying attention to his elbow line. Because as soon as his elbow line escapes totally, you're going to lose the position. So you got to just catch the time that elbow line is passing over your forearm here to get to the mirror block here. So I'm basically trapping his arm. I do the same thing. I do the hip escape. And then now I release a little bit of the pressure. As soon as the elbow line passes over my forearm, I press it to the inside. And now here I have another trap for him, which is going to be like my elbow, my forearm, my biceps here. I'm applying the pressure to the inside. And now my armpit is trapping the top of his hand. And now just to complete this pressure here, I'm going to use the inside of my leg here. I'm going to now grab the top of my hand. And then I'm just going to slide my hip to the inside, applying the pressure here to the elbow and to the shoulder. And then he's going to be tapping.