

Metadata: <https://www.youtube.com/watch?v=Q4Ig93PVmHA>

All right guys now we're gonna do no give baseball choke from the bottom position and this is pretty cool actually i have been even seeing videos where guys gonna lock this move and they are standing up and then they force the opponent to the ground and finish it so but we're gonna show it from the half guard passing position so guys when we are here and what this requires is if Sergio has his knee on my in here not gonna work okay this is not gonna work like this so when my opponent's knee is on the ground then i can go for this moment motion okay okay so when we are guys here first of all we're gonna use this kind of reverse execute and i know this first when you start to do this this feels a little bit awkward but this is gonna be the motion okay so i want my arms to be aligned you see same line it's like this reverse this but this feels weird but when you learn to use it it's actually pretty nice attack at least we're gonna get some nice reaction so when we are here first left hand behind the neck okay boom and then i'm gonna go my oh sorry i'm gonna go my grip like this and guys what i want for my uh for my baseball choke to work is same in normal baseball choke so i'm gonna go and i'm gonna roll on this side but now it's really hard to roll because Sergio is not gonna pass my guard he knows what i'm doing so what is gonna be the trick so i can turn and spin guys check out my left leg is gonna be the key my left leg i'm gonna put on Sergio's hip okay and when i'm here why i put this leg on the hip because now check out i can release my right leg i can create a space for my right leg to come in and now comes the movement when i shoot this one i need to pull and i need to own my own elbows i need to pull my elbows close and i'm gonna turn like this okay so you're here and again always try to keep semi-active of your knee so you don't have to boom we still want knee this huge part of jiu-jitsu and you should be utilizing to control the distance controlling the arms like this is your kind of a first line of defense when you play bottom bottom half court okay so you're here bum bum bum bum bum i'll go on reverse leg on the hip because now i'm blocking of course if i'm here and Sergio passes my guard thank you boom but with the good guys they will not pass your guard same as if you have a kimono baseball grip in they don't pass your guard because they know what you are doing but this is the way how we can force the spin boom reverse foot on the hip i create space my other leg come in and this is empty space all right guys there it is there i think that's a pretty pretty simple not the simple one but use the leg on the hip because we eventually we want the space there's no way how we can spin if we don't create the space for our other leg to come in so there you go no get y'all boom