

Metadata: <https://www.youtube.com/watch?v=tkMUGOKg4I8>

Okay guys, now we're going to work on an arm bar from the classic open, okay, with a few details to make sure the person doesn't escape. So guys, one thing that we always need to work on when we're playing classic open is the action reaction time, okay? So when I push him, the person most likely going to tend to come towards me. When I pull him, he's most likely going to try to get away, right? Just give him a reaction there. So I'm going to be there, okay, with my foot always alive, okay? So on this case, I will try to keep my foot a little lower on his shoulder, okay, to be able to do a quicker motion. So instead of having the middle part of my foot on his shoulder, I'll have simply my toes now, okay? So now look, I'm going to push him away, use the foot on the hip, as soon as I feel he's coming back, look, I will slide that foot all the way to the armpit, okay, as I raise my hip up using my foot on the hip, okay? So that free leg will go to the armpit, okay, and now I will extend my arm. I'm going to explain why in a little bit, okay? So I will extend my arm, keep his arm tight, okay, and now the foot that is on the hip, I will shave his head, okay? Why do I say shave it? Because I don't want to simply step over in a way that he can pull the arm out, okay? So I want to keep everything really tight, okay? I'm going to keep my calf right on his armpit. I want to bring my leg really close to the head, and then I will bring my knees together, drive my heels down, okay, and extend my arm. The reason why I extend my arm is, alongside with extending my hip, I keep the distance from him, okay, and I also avoid him from stacking me over. Try stacking me there, okay, so I keep the distance with both my hip extended and the arm extended, okay? As soon as I was able to keep the distance, I will let go of the collar, bring all the weight to the arm, always make sure the thumb is up, okay? Keep pinching, driving the heels down, finish on the arm guard there. Okay, so one more time, I'm right here, since I know what I'm going to do, I'm going to bring my toes a little lower on his arm, I will push in a way to get the rest of him coming back, I will slide that foot all the way to the armpit as I raise my hip up, extend the arm, shake the head, as soon as I get here, I will extend my hip as well, okay? Pinch the knees, drive the heels down, as soon as I'm here, I let go the collar, both hands go on the wrist, always make sure the thumb is up, and I finish on the arm guard there, okay? Okay, so for a different angle now. Right here, keeping my toes right on his shoulder, I push in a way to get the reaction, as soon as he's coming back, I slide up, raising my hip, okay? This foot goes all the way to the armpit, extend the arm, shave the head, okay, keeping him really connected, extend the hip, extend the arm, always keeping this arm really tight so it doesn't pull it away, okay? So the hand on the collar, I will slide all the way to the wrist, connect, pinch, heels down, finish.