

Metadata: <https://www.youtube.com/watch?v=JjFC8GFBvtY>

All right guys, now we're gonna work one more counterattack from a deep half, okay, the Superman arm bar, okay? So he's gonna have me here on the deep half, okay? So what I'm gonna do, I wanna control his sleeve on the far side, not on the same side, okay? Previous techniques we worked on this. Now we're gonna go on the far side, okay? If you need help, pull this elbow off the ground, right? Now what I'm gonna do, I'm gonna start sprawling. Once I sprawl, I wanna put his arm over my shoulder. Once the arm is over the shoulder, I just need to lock my gable grip over here, hug tight, and finish. You see, this is a great combination for the Kimura position, because if I'm here and the guy start turning his thumb, getting away from the angle, I switch, head on the floor, and I finish in our previous technique, okay? So he's gonna have deep half, okay? I will use the far grip and get the elbow, start pulling, pulling his arm off the ground. Now look, you're gonna sprawl. Look, put your elbow down, sprawl. Now as you sprawl, you wanna connect his arm over your shoulder, lock tight. Now make sure to be on top of his elbow. Make sure to trap his wrist with your head and shoulder, here, and now you're gonna squeeze. And be mindful if he turn, don't waste energy. Switch your grip right away. Kimura, head down, finish, all right? So once again, very simple technique, okay? I'm here, control the sleeve, and the reason I'm controlling the sleeve, I don't want him to tuck the hand inside my leg. So first thing, if you're going against a half guard player, you're gonna bother the guy. Look, sleeve, pull the sleeve, look. 201 grip over here. It's really hard for him to put, keep your head up, otherwise I jump to the other side. Look, I keep this up, now he don't have any type of reaction with this arm. Now look, you're gonna start sprawling, but before I sprawl, I must base, okay? I don't wanna fall. Look, elbow down, sprawl, put my head down, and look, as I'm going down, I'm gonna adjust his arm, grab my collar, lay my ribs on the ground. Now look, squeeze the arm, finish, don't loosen up your legs, don't loosen up your legs. And then, if he defending this, he turn his hand, I switch my grip, I come up, and I finish.