

Metadata: <https://www.youtube.com/watch?v=vMqDli10z4k>

Let's look at another thing that really is still obviously a knee bar But it's something that's not immediately going to come to mind when you think of knee bars the dog bar some of the Bernardo Ferrier Features on coach on the leg very famous for this move obviously famous now as the BJJ fanatics owner So obviously shout out to Bernardo Ferrier here But it's it's something you can do from a half guard top position Something out of an over-under pass again, not an explanation just demonstrating what it is So we might be in an over-under pass here We scoop up the ankle and as we can Into the knee here we're able to get a tap so it looks very much Not like a knee bar, but we're attacking the knee same way mobilize the hips you're standing through the knee You