

Metadata: <https://www.youtube.com/watch?v=DM4CxoUM3Cw>

Alright everybody, we're just gonna like I said slide right into this next technique where again, you know utilizing this kind of level of like discomfort And then we're gonna finish up or transition into kneebar setups, right? kneebars toe hold but You know just coming off of instead of me going to the legs. I'm coming off the head Yeah, so we'll get into that kind of stuff. All right, cool. Yeah, nice crank in there Yeah, and remember this, um, you know with throughout these techniques is that you know Without trying to repeat ourselves a thousand times, you know solidify the cradle You want to either chicken wing to crank or you want to get like a nice kind of? Bunch or reverse wing like try to pressure their nose and knee bring the face to the leg kind of Compression and it's I'm real uncomfortable a nice crank. So let's let's just get into them. All right, you're gonna start to Crank me or let's turn a little bit Vinny and then that way they can see you fall off and kind of catch it on This side. Okay. So the same kind of thing we want to come off of this and what I'm trying to do is I want to make sure that I have this chest and Pressure and the control from here. I want to start to almost where I do this one and two step where I make myself big So I can now instead of me going where I was going to the legs I want to start to go to the head and when he Off it's almost like I'm trying to go north and south but I pull this in and when I pull this here that's when I can still keep my control as I fall to the toe and I grab my Wrist and this compression you see how I'm almost pinching I can pull in so when I'm here like this I want to dive this foot over and I sit into my hip So from here, that's when you can either pull tight and get the toe hold or if he's doesn't I'm here now from this transition You can either keep the toe hold or go all the way around and now you pinch for the knee bar Okay, man, that's a tight one. Be careful with your partner's knee on that And then yeah, so like I as a bottom guy, I know It's surprising that he Disappears like that and the next thing I know I have this this guy sitting on me, you know Again, we're talking about rapid fire, you know blink of an eye type shit where you know I just finally got out of this cradle the crank was terrible And now I have this dude like sitting on me. I'm not gonna just sit there, you know I'm gonna try to roll whatever but again, it's a little too late We're talking about gunfights and I'm already behind again. I don't even really have my weapon drawn While this guy already has an attempted submission or an established toe hold My ankle there everything's compromised at that point So at best I can maybe try to micro adjust as a higher level guy, you know, that's right there You see how he's already trying to turn to his chest or my back or I want to be flat like but I've just given This guy my he already has it and for me to kind of you know, I mean technically how would I respond? I'm trying to push the guy off me try to adjust my hips, but he's already on the leg So let's do it again. And then that's where he's saying this kind of oh, he wants to sit back to his back I'm here on the grip. I don't Make this tension where he thinks oh, he's free and then this whole pocket. There's no there's no real tension He can talk he can breathe but it goes back and that little pop is now when I can like I said I bring this towards me. I don't want to reach my Okay. So what you do is you pull this move then that's when you can go. Okay So then from there you look you're your kind of rotation is already super easy where I can just extend depending on if your guy Your opponent has a big chest or not, you can lift and come around now that's set through like you say look at him He's already trying to sit which naturally when he tries to push me or turn I want to sit into it like this There you can fold him where you hold the toe or like I'm saying come around and it does this like like you want to We've all the way come around and then pinch same motion like the chicken wing I want tight here easy and then be careful with your opponent. You want to just extend, okay? Um, let's move around a couple times. Yeah, just do it to me here Hold on my toes cramping Yeah, you got a mean toe hold too again, you know not to go over the details But just don't grab the foot you want to make sure that the pinky toe is right in the middle of the palm You want to crush all these don't just try to hold the guy's foot crush his toes together Squeeze them make them pop pop pop pop and then fold out the ankle. All right, just a little detail blackout detail Go for it crush his toes. Okay, so same kind

of thing That's when you want it and you don't want to step with this foot first Okay, you always want to step with the outside here So you see how you make it almost like this frame where you're not letting go of the control with your chest If you go here like this, I try to come up look how you can sink through and turn So what I want you to do is you keep it tight here and you bunch Keep yourself where you don't you don't want to extend you want to keep yourself low and that pressure Makes it still where you can have the positive control almost that like pry and when I go here That's when this one I slide forward like this and I wrap Okay, when I grab you see how he's saying to the toe so you can fold when you're here like this You almost want to pinch this because it's turning the nerve. So when I'm here like this I want to lift and then this step through look. Oh, I sit through doesn't matter What is him because he's gonna he wants to push me away when he pushes me away You can either sink this in tight or same thing stick to your butt slide Then come around who and when you come around look how I'm holding I don't let go of this the whole time and then you can still keep your control without letting go and then Again, be careful with your partner next step Okay Mmm this way it's like one more just backwards. Yeah, and then so Now go behind me one time. I'll do it in a sec It's the same kind of thing I want to be here bro and look hot step tight and you almost go your elbow to your Knee, okay, and then this pressure I want to lift. I'm here. Boom. Look how I bring Towards me slide. I didn't let go of my control this Super important then when you're here like this, look how you can sit and then you pull Okay, that's what your goal is when you're there like that I almost want to pull tight to his butt and then pull up when I do that Sometimes they'll stiffen their leg out or boot. That's when you can go straight I want to come across and then look I pinch my thighs together and then You