

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

Okay, let's see now, mount position for me in the back. So, side control, holding him, switch my grips, put the hand this side, quick knee and jump, stretch my leg, and instead of going to any submission, I'm gonna do, I'm gonna drop my foot on the other side, put both knees close to his body, and I have the mount position, okay? So, that's the column, we'll let you see me doing that. On the side control, this is time for the side control, okay, go for the knee, bend, switch grips, quickly, go, great, now mount position, and stay there. All right, so let's try to do it one more time, this time let's change the hand. Good, move your head a little bit, good, like that, move a little bit more, okay? Now let's go full speed up, go. And that's it, mount position from knee to back.