

Metadata: <https://www.youtube.com/watch?v=NynB6GJWW0I>

Next, very simple move, very little moving part, but very few moving parts. I call it heel trip. I guess it's gonna be like Soto in Judo, or whatever. And so now, we're looking at the position when we straddle, or I'm kinda behind like this, right? So give you impression, I'm gonna pull him in. Oh, here we are. And we're gonna wind up. Don't wind up at your hip, cause you're gonna be out of position. I'm just gonna wind up like this, like a girl goes, eh, right? Just wind up like this, as opposed to be like, and I'm gonna hit Benny, right? It's a powerful sweep. And when I hit him, watch. I wanna hook his ankle. My knees on one side, and my toes on the other side. So it's not like this. It's like this. And I'm really hitting him. I'm hitting him, and I pull him backwards. And simultaneously, what I do, I will step forward to speed myself up, cause I can hit him with one force, like this, but if I step up, it's gonna be even harder hit. So we got him here. Step up, and go, boom. Watch guys, when we land, I want to bend to be on his back, or sometimes even turn away a little bit from me. And I wanna be on my side, cause common mistake is to land like this. If we land like this, exactly, he can come up on top, maybe he throws his arm a little, oh, and he'll beat me to come on top. But, if I was on my side, if I was on my side, Benny, do it again. I will always beat him to speed, not necessarily because I'm fast, but simply because I was in a better position, that's all. All right, so once again, we've got this grip right here. We're hitting him, and we're pulling back. It's a Sutani Waza, it's a sacrifice technique. Here, scissor your legs, get on top. You can maintain this grip for future attacks, or whatever, or you can let go, and just swing to a regular side control. So, just like this, all right guys, heel check.