

Metadata: <https://www.youtube.com/watch?v=QpryBex1AXA>

So we have to talk about now going more back towards the mat and the next position that we're going to try to explain is the hooking. So actually it all started with the hooking like 10 years ago. The system is in a way peaking at the moment and but it all started with a way that we in some point we just figured out that it's bad to keep people cross-faced and we kept the head on a mat and we called it the hooking. So that so the reference is always that you know it's you know Stephen Hawking so reference was it started as a position defensive and so we called it the hooking and the joke was the guy was a genius and so is this move. So these days you could say like my old jiu-jitsu is around that actually. I can defend chokes and do a lot of things and also I've referenced this as a boxing shoulder these days more but it all started with that position that sense. So and now we built that like I don't know how big it is now it's way bigger than before. Now we have like four positions and now the baby bridge kind of kind of threw the wrench into the system because now we know their positions have opposites. There's like a closed I mean a closed this position then it's extension positions. So we're trying to you know understand that and we're going to expand the knowledge and theories and so we'll see how the system evolves. It's really silly to ever say something is ready it's always going to be changing. It's like computer science it's like okay now we have Intel I don't know 11 and then after a year we're 12 and it's always getting better. So that's what also happens in this system it's slowly we get feedbacks and tweaking and everything else so it doesn't evolve a lot. It's been like almost 10 years even more in the making so it's fun process it's not like overnight. So the position itself it's you can play it towards opponents and away from opponents. Mostly I personally play it more away from opponents because I want to inspire people and just let's say yeah I always inspire people that it's there because everybody's so afraid to turn their back and there's so many dogmas around that don't turn your back and everything else but I don't think that's the right thing to say. So people should be more accountable and not say those things because we know what to do and we should start to teach both so it's not bad. So position itself the running man was more like a chest towards the mat and I'm more vertical so hulking is more like that's the vertical so I'm back so if my shoulders are more retro like I pulled back I look like 45. So if I do my Estonian guy position again I hunch everything I do this so I look more vertical than I am but I'm not here so this arms become dead so it should be still you know free arm so to speak and my legs at the moment we're doing this that my legs are here it's closed so there's no access to cradles but I don't have to close that here so I can now on this and now I just hang my head and I'm keeping the way like I'm usually they're there I'm looking for a body weight there's also extension because later we can talk about baby reach and then elbows and stuff so the head usually has also like two positions but as everybody usually there and we're going to show you the context maybe I'll get there and how it happens from passes it's like that's how I play elbows are closed so it's again same rules as pandas turtles running men and it's hard to get like kimuras and stuff and then I just hang my head also to cancel jokes then we have to show you that let's say paper cutters and all those things so I usually have a lot of time to teach hooking there seems to be like some details are weirder for people to get other positions are easier to teach but and also I think in a way it's a fine correlation because it is more dangerous because you're more towards the mat your back so so dangers of getting pinned are are bigger and that's the one of the things I teach people a lot not get pinned shoulders off shoulders off the mat and then all the transitions happening from the hooking how to go running man how this and that so we start to explain that but it's really sorry it's really one of the positions I used a lot I know some people I get like messages that I use running man a lot but I myself personally I use a lot of hooking and I even don't know why but I find it's very comfortable and I'm super safe and then I fight from there and because I don't want to be flat because people put more weight on me and then it's suffering so and then let's start let's see how we how does how this section takes off you