

Metadata: <https://www.youtube.com/watch?v=7H9ibsY0XwU>

All right, so we're gonna start off very very basic with the two-on-one elbow just sweeping your partner with an elevation now I'm not gonna lie to you. This will work on a lot of people, but it won't work on anybody high level Okay, I'm sure to show it to you just so you kind of get the idea of Elevating someone and taking them over with with hooks. All right, we're gonna go into three different kinds of Actual sweeping mechanism mechanisms to take our partner over So we're gonna start hand fighting and we're gonna get to a two-on-one elbow again There's many different ways that we can do this where we come in and we take a two-on-one rest of my partner's opposite hand As she goes to take a grip on me and break that grip off We can come through and strip and get to a two-on-one elbow. Okay From this position. We're gonna look to start elevating our partner up by again having a sticky hooks scooting in And coming in having concave shoulders and now from here We're just gonna have two feet inside of my partner's legs without planting my feet on the ground and we're gonna lift up and over So from here as my partner Goes to base of the hand it makes it difficult because of that two-on-one We can just take our partner up and over like so it's a very basic not gonna spend too much time on it We just take a two-on-one. However, it may be and maybe I offer her a wrist And from here we come through you take an elbow and we come in now We scoot in we elevate our partner up and over and now we just lift with the right leg and we take Our partner over to the same side as the trapped arm. So again, very very basic Just a basic two-on-one elbow and getting two feet in between our partner's legs and taking her over for the sweep