

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

All right now we're gonna go for another one of my favorite arm bars. I call it my sneaky arm bar or it's uh it's an underarm arm bar. You might have another name for it but that's what I call it. Okay so this usually happens when they make a mistake more than a prompting of my own. So what's usually going on is they're turning to their side and they're trying to get their elbow underneath like this one is usually trying to go underneath and just somewhere along this line before I bring my knee up he's left his elbow out and his hand somewhere and he shouldn't have because you know everybody knows that your your elbow is not supposed to pass my belly button or my body because this needs to be regulating the distance. Well some people do. Okay so what I do is as it passes in some way I'll either scoop it with my elbow or I'll just let them pass it but once I get it I'll scoop my elbow back with it and I'll either hold on to my shin or my thigh or just here I'll turn my foot into lateral mount so I sit here and at this point he's like oh shoot my arm and he's freaking out to get his arm. Doesn't matter at this point. I push his chin away mostly so that I don't mostly because he's trying to come and connect his hands. I push him away and I extend away a little bit and I can even finish him up here but you got to be really careful when you go down it'll finish quick. I step over I go down a lot of times this is tight enough that it'll finish before you lay back so you gotta be careful. Finish. I didn't even lay back can you imagine if I just boom like there goes your arm great that would really suck. Okay so again he turns to the side and maybe I even maybe I even push his arm across. Thanks. You see right away now I'll even try to be sneaky I'll try to not hold it very tightly and you know because as soon as you like go here they know you're tapping their arm but I'll try to be like oh here you know just your arms there but once I got it I got it. It's like uh it's like uh you're fishing and the hook's in the water you kind of let it dangle there with the bait for a second you feel a couple tugs feel a couple tugs wham you got him that's how this is his arm is there I feel a couple tugs feel a couple tugs you're stuck okay push step over that was a lazy step over but boom right here and now I even slid back I'm on his form right now I even slid back to his arm to his wrist to adjust a little bit he taps real fast with that yep let's go straight on there we go okay he makes a mistake I adjusted this lateral mount and I just felt his hand was past me sometimes I can even use my hand to pass right here if I stay pretty low he can bend his arm okay so I tried it once I get it I try to turn back this way almost like I'm going to turn and run away from him I step forward right here one more time I'm here I create some space in my hand and I trap it right by my body that way you can use my whole body to to do these things yeah I didn't even have to look I don't even have to look back but I will you know because he'll be flexing he won't just relax so I'll go up a little bit yeah there's my sneaky arm bar