

Metadata: <https://www.youtube.com/watch?v=KNz5AkZ4jrg>

Okay, so now like I discussed before a big part of baron bolo is inverting right but what I want to explain about baron bolo is our objective in baron bolo isn't necessarily an inversion our objective is to be under our opponent here now There's various ways that I could invert To get under my opponent and I feel bad calling it inverting But it is I'm gonna use the term inverting, but there are various ways that we're going under without even inverting Okay, so if I'm here, for example, I can use my shoulders to invert here. I Can use my neck to invert here and I can use my forehead to look the other way To go under her body But my objective is to just go under her body and I'm gonna and we're gonna explore all the avenues to getting under her body and Sometimes doing an inversion and sometimes altering the approach to an inversion