

Metadata: <https://www.youtube.com/watch?v=u-moPkqyIVc>

Pummeling, it's kind of like technical hugging, really. So one arm is gonna be underneath, and then I'm gonna grab his tricep, and he's gonna do the same thing with me. Then I'll give a little bit of space, and I slide my hand in, and he mirrors that. Slide that in, then we switch our stance over here. Through, so you can get in sync with your partner. And once you kind of are okay with this, like we're well-balanced, he can push into me, I can push into him, we're counterbalancing each other. And then, come here, now we can start to turn. Move around a little bit, pummeling. And you wanna be connected, wanna be connected, almost like sticky hands. Okay, let's start some technical hugging.