

Metadata: <https://www.youtube.com/watch?v=Mf6l-buLd7Y>

so now guys i'm gonna show a position that is from the spider guard as well but now i'm gonna use a hook between her legs to help me to push the person up to help to sweep her towards my head for get the sweep i push her with the foot on biceps to let her lighter and help with the hooks to sweep the same thing i am here with the both sleeves and this foot here i keep on biceps and this other hand we are gonna make a collar grip so what are we gonna do so this foot here i'm gonna use under her butt between her legs we are gonna use like a hook so what are we gonna do i'm gonna bring her over me i'm gonna use this hook here to sweep her this hook here i'm here i pull her and sweep her and go to the mount or half guard again i'm here with both sleeves one foot on biceps and the other leg gonna stay between her legs and the other hand i'm gonna do the collar grip so what am i gonna do here the same time that i push i pull too with this foot on biceps i'm gonna bring her and she stop here and then i'm gonna use this hook here to sweep her to get the two points again i'm here with the foot on biceps and then here i'm gonna make a grip collar this foot here gonna be between her legs and then i'm gonna use this hook here to be able to pull her up what i'm gonna do bring her and use this hook to put her up and then get the mount so guys that's why i like to use a lot the foot on biceps to bring the person up because when i bring her up she stay lighter so i can use the other leg to do other things sweep sometimes to submit to anyway this position i want to show that i can bring her and the hook that i use between her legs it's to stay lighter to bring her up to sweep so i'm gonna use this hook here to sweep