

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

Alright guys, another cool thing that you get from playing with the Gi a lot is having this spider guard, right, and you play a lot of that spider guard from the bicep, with your foot on the bicep, so instead of having my foot on the hip to generate the momentum that way from that point of contact, now remember what I was doing with the kick downs and starting with the shoulder section, the midsection or low section, so instead of now the midsection we're shifting up, or instead of the midsection we're shifting up to his higher section, right, and for this I'm really just going to focus on getting all the way underneath it to where instead of where my foot was generating that momentum and shifting him that way, I'm using his biceps to shift his weight all the way out to where my head was, and that's going to require a lot of hip mobility, alright, so again my outside wrist control, foot on the bicep, and I'm shifting, I'm making sort of like a half moon with my hip, boom, alright, once I'm here I have a few options, generally his reaction is going to be to just go hip down, if he's smart, yeah he can go that way, if he wants him he's going to come up over top of him.