

Metadata: <https://www.youtube.com/watch?v=DghxsU93er0>

okay so looking at our triangles again let's go ahead and rotate this way actually here looking at our triangles again i'll kind of repeat what we've done so far we're working from here where we can push that arm down here and get into our triangle okay here bringing this one through here boom right okay now sometimes when we're going in we're trying to get to that inside position here he's going to fight you on he brings this elbow down he's not letting you go to the inside so in that case i go up to the head and i'm going to go into my own knee shield now the hand real quick look where i'm grabbing at that elbow that is like the most important thing here is for me to be locked around that tricep and not lose that arm because if both hands come under that's going to be a little bit of an issue for me but we'll talk about if that scenario happens what do we do okay so look i was here i couldn't get inside i go over the top here now a lot of times here he's going to try to reach under this leg thinking he's going to pass there okay so here we go come back so i try to go in he fights me here i go to here when he starts to try to go under that leg i lift my leg up he tries to throw my leg i shoot my hips in i just got to get a temporary lock here don't need to have like a solid triangle right away okay so let's look at that piece again okay so we're here here i'm trying to get in there he's not letting me so i go over top of it here don't lose that arm try to reach under my leg up see there it is here he's going to try to throw the leg back shoot your hips in lock your legs together here don't try to do like this here because what will happen is he'll pull his head through and you're going to lose your triangle so that's really really important so just initiate to shoot in and capture the body here right you don't have to have the head and neck locked yet we can get to that later so here we are one he's not letting me i go over top of it here i lift up he goes to throw that leg shoot your legs in here now you have your initial lock lift it up bring it across grab the head foot down kick open chop grab lock and you're just in a normal triangle now here shimmy those hips back you can attack that arm you can attack that neck here you can drive that fist in there into the side of the carotid if they're not tapping right away that always gets a a good response from them okay so from here here we go try to work those elbows out from the inside here i go here now if he go under my leg here and throw my leg so if he gets past that leg here that can be a bit of a problem if that happens here look you're going to make a v in the armpit here and you're going to push as you come up it's going to be kind of like standing at base you walk it out here to stiff arm pull your hips back and then come up here okay and that's a great little counter if you mess up your triangle okay so over here i'm trying to get in here i go over top here okay now look if i'm here see what he did there okay look let's do that again i went in here go back over top of my leg here i fight it here look this is back to what we did before i push that arm through and i lock on the other side now go ahead lift your body up he starts to resist me here i can go here here if he goes under the leg here here here okay so watch boom shrimp go over top here if he fights me there i fight off the shoulder here don't let your knee get past his midline where he's going to pass your guard so i stay here now he goes to lift up or tries to push this knee down here i push it arm through look lock it up hips up arm across here control it right here grab that head it's always worth opening up and getting that extra bite the legs gotta bite around that neck literally bite if your bite is tight enough you can tap them with one leg here push off shimmy shimmy pop pop squeeze here boom i have that arm here too right so those are some other options with that knee shield if it doesn't work out the other way it can work out in a different way and that really gets that kind of the gist and the essence of jujitsu that everything's connected and i want you to see that as you progress through this course how everything works cohesively together one after the other one thing doesn't work for you you have another path right it's your circumstantial guidance system you move in the direction you need to move in that moment the circumstances are the things that guide you. Osu!