

Metadata: <https://www.youtube.com/watch?v=1wvoozUPnko>

What about start right now? I'm gonna bring my training partner, has been my training partner for a long time. My brother Marcio, come here Marcio. Marcio is 50 degree, uh 50 degree black belt in the Machados. Okay, just to start here demonstrating what is the X-card. This is the X-card right here. This is the X-card right here. You can see right here, you know, I'm, my hips is underneath of my opponent hips. And right here I have one foot hook in the hips right there, right? In my knee, my knee is behind his thigh, on his hips right here, okay? If this other foot is gonna go behind the knee, pretty much my foot go like this, like a vice. And right here, I like to grab the kneecap and then use my head to lean and rest on his foot. Right here, some people like to grab the pants, you can grab cup, or you can do like that, or you can do like this. I like to do this. If it's a gear no gear situation, okay, this technique is gonna work in either way. you