

Metadata: <https://www.youtube.com/watch?v=2KcAEYsaHAg>

Okay, 50-50, same as the previous technique. I've got the inside of his knee, big swing, stand up right into this position, okay? I want to do my Saturday Night Fever pass, but now he's got his legs locked. He triangles his legs, boom. Now I'm pretty much stuck in this position here, okay? So now the hand that was holding on to his pants, I'm going to reach, go around both his ankles. Like I'm putting my hand in my back pocket under his heel. So from here, what I'm going to do is I'm going to start to bring my knee towards his chest as I start to stack him up. When I stack him, notice his legs start to uncross already. I grab one, two, open, right? I'm going to swing, as I swing, I'm going to take a big step over and come right to the knee on belly position. One more time. With the sweep, I'm up, he crosses his legs, reach behind. Let's turn this way so you can see. Knee to stomach, open, swing, and right to knee on belly. One more time.