

Metadata: <https://www.youtube.com/watch?v=4eyQB5i7te4>

Alright, next submission guys, we're going to do a super sneaky, fast arm bar from Close Guard. Okay? I learned this in California, attending the Tap Cancer Out seminar that my friend Paul Moran was doing. Rest in peace, he's a really good friend of mine and a really good person to the Jiu Jitsu community. In honor of him, I'll show this technique today. So we're here in Close Guard. Now normally, like I was saying in the last technique, everybody's taught to pass as a right handed person. So that right hand usually is what comes first here. I'm expecting that. So what I'm going to do is I'm going to take my left hand, I'm just going to control it under his elbow here. And my right hand is going to come over and trap his arm. From here, very simple, all I'm going to do is shoot my legs up over the shoulder. And you see the arm is extended straight because I've got it with my elbow and it's under my hips. He can't escape the arm because I have it trapped here. And I'm just going to bridge my hips up and nail the submission. Okay? One more time. Again, normal, like I said, is he's going to lead with that right arm. So right here my hand comes under and I just control that elbow. He doesn't feel threatened here. Left hand, you can come across and grab your gi, but I prefer just coming right here on the hand. I'm going to shoot my hips up over the shoulder. From here, I bridge up and catch the submission. Okay? So it looks here. Here, and the arm's trapped. This left leg comes over the shoulder and then we connect them like in our closed guard and then hips bridge up and catch it. Let's do it one time full speed so you guys can see. Very fast submission. Hope you guys enjoy. Osu!