

Metadata: <https://www.youtube.com/watch?v=dQJ2rPmZEVY>

So I talk about how good is this control on the arm and then I'm not a person that is a big fan of underhook from top position because I feel underhook it's kind of like underrated and then it puts yourself in a lot of danger position. You know like explain this better it's like if I have like a good side from the bottom and the person has underhook on me so the underhook is you know like it's underrated it's like it's basically it's danger to be there but people still feel safe to to be in the situation and then going over like the same position here the hook is not only for sweep but also create a space for like a choke like all of those things you know and then one position that I have a great successful to applying a lot from this situation calling this live here is when I'm like I'm moving to the person but like the person on top is being very stubborn like not letting me so they have to give me space. If I'm closing the gap here with João and João is being tilt so I'm gonna sweep him I'm gonna lift him to get on the knee but if I go here and then even if I lift João like go back João if I lift João a little bit then he's pushing back the hips then he expose the arm so that's what I'm gonna make him do it so as I'm going here as I'm going here I'm moving towards João and then I'm having the control here so now when I'm trying to lift João putting the way back I'm gonna pull this arm here as I'm pulling this arm now I'm gonna lay down as I lay down here on my body is very obvious but I'm gonna do a very quick combo as I'm pulling I'm controlling his elbow then I'm bringing my knee on top and then now I'm just squeezing the elbow here and then getting the arm bar. It's a quick step or tap you know what I mean like he's gonna scam or he's gonna accept the position then you have omoplata triangle and then another ways to do the arm bar but this is a very fast position and then it connects beautifully to the situation when the person is not accept you lift and then still want to stay on the knee you can see the separation here like because I'm the one controlling his arm if his arm is inside just like you guys understand if his arm is inside then we have the option of like going down attack the arm bar pushing attack the arm bar here omoplata we did that previously right but now I'm having the control of his arm here so like on the butterfly position and then as I'm moving and try to attack his arm is stuck on the knee here so he is the one that gives me the space so all I have to do it is take the opportunity that he's giving me the space and change the approach now I'm laying down and I'm controlling my hand is like my forearm is on top of his elbow here so then all I have to do it is bring my knee up and then my knee and my hand is squeezing here I'm like then we finish the arm bar.