

Metadata: <https://www.youtube.com/watch?v=o2gll2GU85s>

So the first one I'm going to use is double, both up and down and to the side. How do I finish it from here? So the grip I'm going to use is either the bird lock grip or the Kimura grip. Probably Kimura grip at first, switching into the bird lock. The Kimura grip lets me finish it from here. But this foot is not optimal. If I wanted to finish it from here, I'm going to use the Kimura grip to catch his heel, separate and extend up. What I'm doing here is I'm using my back in this feet extension to go outwards. I'm using that to get a lot more pull with this and as soon as I get that pressure, I go up. So what it looks like without him, I'm going back, up. His foot should not bend that far. So that's double feet on the hip. Now if I want to get to a better position, a lot of times I'll put my foot here so I get a lot more pinch. The other way I'll get out of this, if I just can't finish him from here, I'm going to switch to almost a flower sweep swing out into foot on the ground. I'm taking this foot, swing it out, and I'm throwing and rotating my core as hard as I can while trapping his heel. So if I was trying to finish it here, here. You can kind of use this grip, but I'm only going to use this to pull out. I'm going to switch to actual strong grip. You