

Metadata: https://www.youtube.com/watch?v=oqJOR5PxJ_8

Okay, one more option when we're raising our opponent in a Kimura grip control, so We're already here in Kimura grip control Like this okay, and we're gonna Raise him up the same as we did for the inverted triangle choke Okay, but now instead of a triangle choke Whenever I don't feel like swinging the leg over I'm going with my knee inside like underneath his armpit And when i'm doing that Same time i'm going with my Leg over his arm. Okay, so i'm not gonna do like a Like a wide big move as I did before For the triangle instead of that it's going to be just a short move to go over his hand And right now when I have this one I'm just gonna lay down And i'm already In a crucifix position So again, I can work with my with my chokes With the short one with the one with the collar with the arm locks And of course if he's defending I can slide in to get to his back Okay, so one more time We're here One and then I slide in with my knee And same time as i'm doing that I step over his arm. So when I step over his arm I'm just laying down sometimes if you want you can Work with his arm a little bit to the outside just to drag it a bit more So you're already Gonna land in an arm lock position But if you just lay down That's perfectly fine You're ending up in a crucifix position always remember to keep the good control over this arm Not let him face your hips. You always want him to lay flat on the mat. Okay once again Raise your opponent up slide the knee in Step over Lay down and we got it crucifix