

Metadata: <https://www.youtube.com/watch?v=yob68W4zpN4>

as you guys can see i'm trying to make this dvd for everyone okay so don't worry about the subtitle saying is a car wheel you're not gonna be jumping perfect and you don't need to be able to do a beautiful car wheel okay is a career that everyone can do okay so we're gonna use a little bit of speed time and pressure at the same time on this technique okay so the first one that i'm going to show you guys is the lapel guard or warm guard you can create a name that you want but you're going to use the lapel around the leg and my other let my other hand is going to be free on this case okay so he grabbed my lapel here and now he traps around the his leg and now my other leg my other hand is free so my first position here now what i can do he don't have the other hand controlling me so i can keep the distance i can keep him away from me okay so what i'm going to do here guys look at this space here i'm gonna place my hands to the ground and lift my legs up kind of like doing a car wheel okay so i'm creating this i cannot do here close to him okay so i get the distance whenever i have it my hands go to the ground my lift my leg up and then and just switch whenever i come back he don't have the lapel trap me anymore okay he just holding the lapel now look my hands already on the position his legs already down push the leg down my hand make a v go right underneath the knee here put the pressure always putting the pressure okay i'm not on my toe i'm sorry i'm not on my feet i'm on my toe and i'm putting the pressure and now as i'm driving him to the side i step push the leg away from me and finish the pass one more time he grab the lapel traps around so look create the distance whenever you go remember you don't need to do a perfect car wheel you just place your hand on the ground you step one leg up step the other leg up whenever you come back if you don't have the the lapel track on your body anymore okay so sorry he don't let have the lapel track on his leg anymore whenever whenever i come back here keep pushing his leg down use the v of my arm my hand to push the other leg down on your toes and now as you drive him to the side you step and push the leg away from you landing with your shoulder on top of his belly finish blocking the hip with the knee and finish the position so now i'm gonna do a little bit faster okay okay he's going for there i get it get distance now go and pass