

Metadata: <https://www.youtube.com/watch?v=F0c3HUu2zRI>

All right everybody, now we're going to move into the same setup, but we're going to look at the takedown from the body lock once my partner stands up and I'm in the close guard. So we're going to be here, same setup as before. I'm using my weight, my hips as a weight to pull him back and forth. I'm pulling his hands, his wrists. I'm going to go to the elbows. As I open his elbows, I bring my elbows in, slide the fingers in, open the body. My partner stands up and now he couldn't manage to get me down and I stayed with a strong body lock in the chest. What I'm going to do as soon as I get here, we're going to go for the same setup, but instead of hooking the back of the leg trying to go to the back, I'm going to hook it trying to go forward, bending his knee in. From here, I'm going to start bringing my foot down to the ground and start walking forward right between his legs. As my partner falls down, I can start bringing my knee over the hip and go into the mount. As I'm falling into the mount, I'm keeping the gable grip out of his armpits. This is going to allow me to start setting up submissions a lot easier without him blocking his space in between the chest. When I'm ready, I'm going to bring my chest up, jump, and I'm sitting on his leg so I can bring my leg up even higher. I go forward, when I drop my leg in, I start walking between him and bring him straight up to the ground. If I can, I drop my leg over his hip, but it's most likely he's going to close the half guard. I'm going to prefer to bring my leg behind his butt and start controlling the situation. So what we're going to do as I'm falling, I'm going to bring my leg over the first side hip and bring my other leg up. This is going to allow it to be a little easier to bring him down, put more pressure, and I can start using my legs to open up the guard. So bring my knee in, and I start dropping in a little bit harder. So so you