

Metadata: <https://www.youtube.com/watch?v=RIrp-lpQ7Wg>

You can go to the arm bar from there. There's an old way of doing it, and there's a way that I'm gonna show you now. It's a way that I learned it from John Danaher. He's the one that I caught this move from. So, I'll use your shoulders back. So again, we're just gonna start already in this position here, the dorsal position, T, T, T-mora, they call it. Some people call it the T-mora, because you're kind of like in a T, but you have the T-mora. So they'll call it the T-mora. All right, so, we're here, now let's go this way. Now, when I was here, I could step over and finish him like I wanted to, but maybe you don't want to do that. It really depends the person you're doing it to. Somebody real strong, burly person, maybe that's not too easy to do because you have a hard time bringing your leg over, and again, you don't want to do unnecessary movement where he's gonna get out. So we'll do something a little bit more safer. So from this position here, hold your arm. All right, from this position here, traditionally, most people could go here and they could just sit up here. They sit here, bring the leg over, and start looking to break this grip and go for the arm bar. And that works. I'm gonna show you a better way. The problem with this move here, you guys may not see, in a beginner level, this is going to work. You know you're here, you break the grip, this is gonna work. Feet are down, thumb pointed towards the legs. You're gonna get a tap here. The problem is, the more advanced guys, they're gonna find ways to get out of this. And one of the ways is, when I'm here, he may roll over his left shoulder. Go. Just rolls right over. He's gonna get up, he's gonna come up, and he's gonna get past your leg. You see that a lot in jiu-jitsu. It's very common. Okay. We're not gonna do that. We're gonna switch it up. Instead of sitting up, instead of standing up, I'm just gonna take the back leg, I bring it close to him, and I just sit. I just sit. And I'm gonna bring the second leg over. So both my legs are like, no weight on them. But I have this still secured. Now from here, I'm gonna turn this way so you can see. So now you can come real close. You can get a close-up here. So from this position here, I'm gonna bring both my heels together. Because he's gonna be holding on to his arm unless he's missing an arm, then we don't have to do any of this. All right, from here, look, from here, I pop. I got him to release the grip. Now I'm gonna bring both my feet on the front of his shoulder. But the front leg is going to hook the inside leg. Now even if he goes back to holding his arm, okay, I'm gonna switch here, secure it, then I'm gonna use the inside hand to break the grip. So I go and I use the blade of my bone. So I'm gonna go inside here, and look. As I go here, see how I'm leaning this way? The arm comes off. And this is super tight here. You guys don't see it, but you're gonna feel it. There's nowhere to go. Roll out anywhere. It's done. When you do this, you can't roll out. Here, you can roll out. Here, you can't roll out. At least it makes it extremely difficult to roll out. And time is not on your side because the person here's gonna be cranking on that arm. So again, we're back here. We'll do it from this angle here. So now you can move around so you can see it. So we were here. Turn more this way so they can see it. We're here. I bring the back leg in, and I just sit, guys. I just sit, and I bring the second leg over. He could be holding on to his arm best he can. Doesn't matter if he does this. Doesn't matter, really. I put both my heels together. It's powerful. Leg comes in. I hooked it. If he doesn't grab his arm, I start going for the arm. But if he does, I'm gonna switch. I'm leaning to the inside, and then I use this one, the blade, to break the grip. You see how I do that? I just go right in, and it breaks the grip. Now I sit here, and I have him. It's done. I don't even need to crank. I have him there. Solid, solid arm bar from there. On three. One, two. Let's go. Thank you.