

Metadata: <https://www.youtube.com/watch?v=FISZZU9frlk>

Okay, one more move from double under grip. So again, I'm searching for this control, keep my elbows high, keep the grip high, okay? Fingers to fingers grip, and now I'm going to bring him towards the mat, okay, and as I'm bringing him, I don't want to stay on my back flat. Okay, again, I'm going to move a little bit to the side with my hips, okay, and now I'm going to open the space with my elbow. So one elbow goes a little bit higher, one goes a little bit lower. I'm going to put the hook in on his shin, taking out one leg, have control over his upper body, now I'm going to bring him. If I need, go back, if I need, I'm going to take the control over the arm, so he can't pose and he can't make his base wide. Okay, so we're here, double under, so keep it tight and keep your elbows high. Now go to the mat, but remember, don't go like this, don't go flat. Go on your side, open up the space, put the hook in, take out one leg, now break the grip and get the control over his upper body. So you can climb here on your opponent and get the second hook here, or you can choose the option with dragging. If you feel like he's making his base wide, just keep the control on the bicep, drag him and get the back control. Go to www.Flydreamers.com for more.