

Metadata: <https://www.youtube.com/watch?v=TRKm-Yr6PN4>

So when you're looking to break them down, there's gonna be a lot of opportunity to not only pull them towards you, but force them to the far side in the side control looking for the back. Again, cross-facing shallow to the chin, pulling on the hip, and having no luck even trying to sit in, things like that. What I can do from this position is go low to the near side, hamstring from here, drive them to the mat in this position. Once I return them to the mat, I'm still gonna keep that cross-face position. And now I can go short to their neck. And what I'm gonna do is my far leg is looking to build up that false hook. All it's doing, knee to the mat, so I can start bringing this hook over, cross-facing as I start to push on their top shoulder. I'm gonna start rotating the shoulder of the mat with my upper body, so I can make the hook on their hip again. So as I build myself up here, I can switch from behind their leg inside again, and I can return to the mat. I have a lot of opportunity from that position once they're broken down to actually build them up. So when they're broken down on the side from here, and I'm looking to cross-face, cross-face from this position, I'm gonna get my hip as close to theirs as possible. So when I step that hook over, and I really start to push down on their shoulder, their hips start to come up, take that leg out, build myself up to looking to put both hooks in, because there's gonna be plenty of opportunity when their hips come off the mat to protect their neck from the cross-face and the pressure on the shoulder to actually re-pull my legs in to take the back. That's how we finish that position from side.