

Metadata: <https://www.youtube.com/watch?v=9pj9LUV3uoY>

We're gonna be here, okay? Now I apply the knee cut pass, my opponent's gonna apply the reverse de la riva and be able to hold my ankle, okay? So that means that's gonna be a little bit harder for me to pass, okay? So we're gonna like work the wave pass over here, but switching the grips, gonna be a little bit different, you know, concept, okay? But it works really, really well. So we're gonna be here, okay? Apply the knee cuts, my opponent's gonna have the grip on the ankle, okay? And the knee shield over here, okay? What I want you guys to do with this, this hand on the knee and my other hand cross collar. I'm gonna do this, I'm gonna push his knee forward and lock my elbow behind his hamstring over here. Now is, I'm gonna push, I'm gonna start putting my knee in, in and out. Apply the wave pass, and then I'm gonna twist him a little bit. Now is the key, look at that. He's not able to turn that way because, you know, I'm pulling him back towards me. So he's gonna try to shrink out. Now is the key that when he tries to shrink out, my hip's gonna connect to his hips and I'm gonna lock his hips with my elbow. Okay, at the same time, all right? You have to expect that already when you pass here. So when he try to turning, I'm already, you know, turning my hips and connect my elbow outside to his hips and throw here, I connect, I can grab the collar. And it depends how he's gonna be blocking my arm. Sometimes he's gonna block my biceps and then I hold just the arm, I hold the collar. But if he's blocking my hips, it's because his neck is free that I can apply the club and control his back, okay? So once again, we're gonna be here. As soon as I apply the knee cut, the guy's gonna hold my ankle like this, control my collar, okay, apply the knee shield. Notice that my legs are be away, the way that he's not holding my leg. So my top hand over here hold the cross collar and my other hand grab his knee, okay? At the same time, look, I'm gonna pull the collar, put my forearm and my elbow on top of his leg, okay? And keep pushing his knee down. So now my right knee is gonna do the whole work now after I adjust my grips. My knee goes one and keep pushing his knee forward, okay? And two, and keep going. Now I'm gonna step this leg back and feet stop. When he try to shrimp out, I switching my grip from the pants to here and stay with my hips on the side because if he try to shrimp out, I just follow him like that, you know? When he stops a little bit, I can grab the collar or I can club the back and be on the side, okay? Let's do one more time on this angle over here now. So I'm gonna be here, reverse the La Riva. He's gonna be like so, hold the cross collar, hold the guy's knee and block his top leg. Look at that. Now I'm gonna do the whole work with my knee. I'm applying the wave pass, one, two, passing. Now when he start to shrimp out, when he start to shrimp out, I switch my base, okay? Keep holding like so, keep holding the collar, okay? Notice that he's blocking my hips. That means that his neck is free. I can go over here and look how I'm gonna just change. My knee was here and then I just block his hips with my knee. If the guy continue shrimping out, I just turn my base one more time and come back, knee on belly and keep moving forward.