

Metadata: <https://www.youtube.com/watch?v=yVc5WBOFhEs>

Okay, next one we're going to do is a tomorrow from half-day. So any time I'm wrestling, whenever you see I arm down or leave, sometimes you'll even see, you know, on yourself or whatever, you can start working on tomorrows. From here, I'm going to grab my wrist, come over the top, grab my own wrist. Again, I'm going to do the same thing. Over the top, grab my own wrist. You've got to do it more hot from that position as well. Yeah. Here we go. This position.