

Metadata: <https://www.youtube.com/watch?v=miG89Fwr69M>

Ok guys, I will show single leg defense when he takes single leg, then I like to put like And when he when his head is high like this then I take over hook and Put his chin up like this and my shoulder inside like this, you know and take both his Elbow and put down Leg put outside and put Sealed by a black zip guard, you know and His head like here and put me up your shoulder inside and take your Yeah Take a bit and You have to make outside and over hook very tight You know put shoulder and take And When his head is low like this, you know and Same leg outside overhook and push his head like this and put the leg like this and pass his head And just Here Stand in front of him like this and Grab his butt And push his head Push Push It is point always always Control his butt because if you If you put hand here or here then you can counter If you put here or here Or here whatever, but if you control his butt then he can't move You can control, you know, so always control his butt You push head and pass Always control his butt, never put here Here My strategy for single leg defense and some tips