

Metadata: <https://www.youtube.com/watch?v=JLtPqSKjAV4>

Let's look at a combination now between the previous move, the headlock, and this two-on-one pass off. Let's say for whatever reason The elbow cuts not working and I can't get My elbow to the floor. Maybe my partner's coming in and she's scooping inside the arm Either like this or she has this arm and she's grabbing a grip on the shoulder. She's trying to pull me in I feel like whatever reason I just cannot get my elbow to the floor Okay, you should be able to but for whatever reason Maybe your partner is very good. Maybe you just suck and the elbow is just not coming to the floor All right I can combine this with the headlock when I feel like my elbow can't hit the floor I just go right to a headlock right away So if I can get the elbow to the floor I use an elbow cut to rotate inside and escape if I can't get the elbows a wedge between myself and my partner Because now there's space between our heads it's the easiest thing to just take my arm up and over like so and catch now if my partner's head stays on the floor and She doesn't do anything to build height I just keep my arm here and then from here I turn inside and then again I pull my arm back to the inside like we did previously If my partner goes to turn back inside and starts to come on top of me We have our same headlock escape that we were in before We're now from here. We post on the knee we turn on top and we go to our previous escapes So we can have a combination now between Passing the arm off first going for a headlock second provided We don't have the space to go right into the headlock from the beginning Okay, and provided that after we hit the two-on-one pass off. We cannot get the elbow to the floor This is a great combination. We can play here using pass off two-on-ones to pass the arm over and headlocks to escape