

Metadata: <https://www.youtube.com/watch?v=jDbywpDs3Tw>

So something that kind of goes in tandem with freeing the elbow is the hand going to the other side as well. I can't put pressure on the shoulder if he does this. So I do not want the hand going here. And it also just makes it looser and easy to pull the arm out if he does that, okay? So this hand should really be jammed nice and deep across here, and he shouldn't be able to take it across to the other side. What have we got available? If you've got sleeves, you can hold. I can hold sleeves, all right? I can do this as I pull and do those things I said about before, okay? I can block with my forearm, gripping the elbow. So this is hard to pull the arm across, okay? Hard to do that with my right hand. That's why if I need the stability here, if I was to climb, for example, it would be right hand left past the line of the elbow, lock in. But then ideally, it's actually my body positioning takes care of this, so my hands are free. So if I sit up on my right hand and I crunch both my knee towards my chest, which helps the back heel, and my chest towards my knee, if he tries to free that hand to the other side, it's gonna be completely stuck, okay? Having taught this before, I think a lot of people do the sit up, but they don't do the knee to the chest, okay? Free your hand to the other side, okay? So if he's flexible, he's still gonna be able to do that. You need both knee to chest and chest to knee curling on our side. So if you just look at this posture here, which is one that we take a lot of the time before we finish. I'm on my side, it's broken his posture. I've back heeled into his tricep and shoulder. So when he tries to free his elbow line, it's difficult. He can't take his hand to the other side, okay? And he's gonna be hard to jump over the other side when I get to this posture as well, which we'll talk about in a moment. But sitting up like this, he can't just walk over me. And I've also got access with my hand to the hip. So taking this posture going on this side covers a lot of the problems that we wanna deal with and of course, if you need to, you can be using your hand to assist in holding that elbow, which is very, very common grip.