

Metadata: <https://www.youtube.com/watch?v=t7ItxnPhMto>

All right, so back in like, like I said, like rules number one, always control the arm, you're gonna come over the head. But again, it's not every time it's gonna be possible to do that. That's always gonna be my goal number one, right? But in case I do miss that, I'm not like, no, he go for the side control, I'm always go here, but I miss this arm. He's right here. As I miss this arm, I don't wanna go for the grip. I don't wanna collapse his hand together. I wait, I go to this elbow over here, make sure like, I go right there and control this arm. Right? At least I miss this arm, but I'm not missing the other one. So now what I'm gonna do, I'm gonna like, swim and start like, get the leg extend. When I get the leg extend, I'm gonna open and sink my knee inside. When my knee goes inside, I'm gonna slide from the elbow, right here, to the wrist control. Not controlling the gi guys, controlling like the hand right there. I'm controlling the hand, right? So now look, it's a very sneaky position, it's a really good position. You control the shoulder on the side and you bring the leg over. When I bring the leg over here, I'm gonna start like, control his wrist and start like, feed my foot right there. Then you control it. Now you make a monkey grip, your toes always look for the ceiling, then you can let go. Try to pull your arm off there. You see? I'm controlling. So now look what I'm gonna do. Post and extend my leg like that. To finish on the Americana. All right? So once again, you control the elbow. Stiff arms over here, guys. When you control his elbow over here, I'm extending my arm, make my arm very stiff. Because if I lose it up like that, this control, he's gonna start walk through to get his hands connected. So keep going, yeah. Then when you're here, you don't have the power to hold anymore. When I'm stiff arm over here, yeah, I'm controlling. See, more power he put on, it's easy for me to slide right there. So remember, when my knee goes in, all right, I slide to the elbow, to the wrist, right here, and I control his wrist. So then bring your leg over. So that leg over here, you wanna try to get over his elbow. Right here. So now I'm gonna start like, open and sink my foot in. You know, maybe in the beginning, you're gonna feel like, kind of like it's not that easy for you to get it right there. But as long as you feel like, okay, I'm here, bend his arm, go right there, then start like, boom, right here. As you're going, you can clear. Then you can let go. Now, very slow, you just squeeze, all right. You keep his arm like that position. Thinking about to lock his elbow with your leg, and then just do like this movement. You know? So remember, here, as I miss the arm over my head, I'm gonna control the arm to the other side. Hold his elbow there. All right? Swim. So remember, as I swim, I'm gonna extend the leg. So if I try to swim, and then I hit, you have to extend the leg. So, when I swim, I extend it. See how I open more space? Then my knee goes in. I'm gonna get my knee in all the way close to my foot. Then go right there. Because I have more control over here. I can kind of push him away. All right? So then go right there. Control. Control the shoulder over here. And so I like, pull. Sink the arm. When I sink my arms in, I clear the other leg. So now you can keep hold, just go like there, but you don't have to, as long you make sure my toes is look to the ceiling. Because on that point, it's very hard for him to clear the arm. Yeah? Maybe use the leg I expose. And you finish.