

Metadata: <https://www.youtube.com/watch?v=zJkr3PfYDMI>

Now, another option we have off this is resetting into our knee slice, okay? So just like when I push into him to get a reaction to kick my leg back, I can do the same thing to re-enter, okay? So I'm going to get my grips, right? I go to hop in. I can't get his leg down. He's got that strong hook. Now, to stop my X pass, right, he has to follow my foot or I'll pass. So as I step in and I kick, look, he's going to follow and he has to extend his leg. He has to extend his leg as far as my leg goes. If he doesn't follow all the way, I'm going to be passed, okay? So he has to give me this space. Once he gives me that space, I'm going to chop back in and now I'm back in my knee slice. So I control the collar, the pants. I go to knee slice, right? I can't get in there. I push to make him push back, right? Yep, and that gives my X pass, but now I can't X pass, right? I don't put my foot on the ground, right? I have decent balance, but I'm by no means a gymnast, right? But because of this grip and this grip, I can just stay here, right? So we should be able to keep our balance long enough to re-enter and get back here, okay? Elbow down, head low, controlling the leg. For more information, visit www.FEMA.gov