

Metadata: <https://www.youtube.com/watch?v=O5NWZoQd2mM>

All right, now we're going to use the DOD to transition back to the Iron Maiden. Um, and this we set up by getting aggressive by attacking the neck. Once we have him belly down, they're going to defend, which gives us, that gives us that second arm. Everything's the same. We're on over hook side right here. He's defending, we peel, punch, pass, pull that in, post right here. Now, when I post bridge, my hips have a high chest bridge so that he lands right in the belly down position. There's tons of pressure on his hips. He's feeling that. Now I go from my choke, he starts blocking the choke. So I grabbed that wrist. So now I have both hands. I'm going to donkey kick my right leg straight back. That's why it's important to have his knees kind of splayed out. One, and I'm going to shoot it all the way up to my, his shoulder, to the knee pillow position, setting in my belt line hook, pull him in, connect my chest to his back, rocking from right hip to left hip, as soon as I land on my left hip, stomping the elbow out, two on one, push down, choke up, okay. Hook side, peel, punch, pass, post, high chest, bridge my hips. So he lands on his belly. Now we go for that choke. I'm trying to dig it in, but he's blocking it with his arm. He's defending still. So I take that away from him. Now I have both wrists. Donkey kick my leg out, and I shoot that right up to my knee pillow, all the way to his shoulder, pull his back to my chest, connect it, my belt line hook has already been started, and as I go from right hip to left hip, stomp the elbow in that transition, two on one, push down, choke up for our finish.