

Metadata: <https://www.youtube.com/watch?v=8a9VvBiw7YA>

Very good. Let's look at the leg drag again. So, as we talk, we break the belly heave up. I want to step and bring this leg up, but my partner is not always going to be a good partner. Or, you know, he's going to be resisting. So, I may not be able to do that, okay? So, instead, what I do is I take a little mini step back like I would if I was going to the headquarters position. But instead, I take a little mini step back, holding this shin here. Now, my free right arm is going to go behind his knee. But look, check this out. As I go behind his knee, I'm going to be falling on this side. My right arm reaches over, stretches his leg out, and then I come up right into the leg drag position. So, once again, here, break of the belly heave up. Kick, tight. Right to the top position. Okay, let's turn this way, go that way. And then right to the past. Now, this move works because they don't expect you to duck under their leg. A lot of times, people want to lift the leg, go over the leg, but never like a duck under. So, give it a try. www.globalonenessproject.org