

Metadata: <https://www.youtube.com/watch?v=5lXiQsS-B8M>

Okay guys next this is gonna be the reverse headlock. This is a pretty awesome move I would hit this one a lot It works if you're a little bit stronger in the person it works if you're not if you Sit it up and use your head which I'll show you a variation of but essentially when we throw our headlock from here I'm gonna be like this and I would be turning we want to do that, but reverse so we do the same thing I like to lock my hands like this So as I'm stepping into this he's gonna walk his hips back because he doesn't want to get taken down I Return my body like this I pull it in and I circle this way now if you want you can use the top of your head and put it into The side of his face I pull here, and I walk back the other way I like to do it from my headlock here is I lock my hands I turn and let's turn this way a little bit I'm trying to take his ear And touch it right down here by his ankle all right so from here grab Big grip like this I set up my headlock he walks back I circle away from it, and I'm gonna take this I pull it in and I rip it straight down Can I go right into side control just like this? This works well, especially if you're tired, so we're here I grab I try to throw any backs off I turn I get the angle now if you want you can step in pull it in and then just Straight down to be on top go ahead and get your half guard so even from here It's such a high position back to work out and start working my stuff from here all right from the knees Good practice always practice these on your knees when you're starting even your double legs and your single legs the sweeps are hard Well you understand the setup, so we're here slow motion. I turn he backs up I Lock my hands. I circle this way I Pull him in and I twist him down from here reverse headlock You