

Metadata: <https://www.youtube.com/watch?v=Pen1li-bEZ0>

I'm gonna give you guys another look at this move here, that another finish that works really well, and it goes right with this arm bar. All right, so I'm here, I take that step, I hook, bam, I throw the leg in, now I fall into this position here. All right, and we've done this on another, a previous move here from the series. We're gonna work on that leaning forward. Now with that same arm bar that I just finished here, I can set up. If I get my leg weaved in right away like that, sometimes I'll force myself into locking the triangle, because I know I have higher percentage finish on it. So I'll finish the triangle, or I'll try to finish that arm here, all right? So again, I'm here from the beginning, right? Got my frame, got the foot to the outside, I take that step, and I step right through the middle, making the guy switch his grips, so that I fall into this position, so I can lean off and lock my triangle. This way, you got one and two moves together, all right? So that this way, when you're shooting for one, chances are you're probably gonna get both. That's the beauty of, that makes that arm bar that I teach, all right?