

Metadata: <https://www.youtube.com/watch?v=lft5fBpi-Ls>

All right, guys. The last thing I'd like to talk to you about in regards to, you know, kind of controlling the position is just making sure that we're understanding the impact of shapes that your body's making relative to the other person. So if you think about catching a baseball, you make a glove, a baseball glove, and your palm is convex or concave, I'm sorry, it's concave. So when ball comes in, it wants to stick. If I were to turn the glove backwards and make a convex shape, ball would tend to deflect. So what you need to make sure that you're doing is when you're trying to deflect force, make sure that you're not making shapes like the letter C, or at least not the inside of the letter C, the outside of the letter C would be fantastic. And when you're trying to drive your force into something else, make sure that it's hitting, it's not hitting like dinging shapes, it's hitting pockets. So when we come to the Almohadza here, I have multiple concerns at once. First and foremost, just by Frank bending his arm like this, he's basically made like a cul-de-sac for my leg so that when I apply pressure, it goes into Frank. If you change the shape of your arm, do I still have a cul-de-sac right now? Yep, I sure do. But what happens when this goes? I tend to slide down. If you think about where is water going to go, if we rotate this away, you know, where would water go? It would pool in the back of Frank's elbow, you're making a shape like a bucket. So I'm starting to drag down this concave shape that his arm is creating, it's going to allow me to stick to this position like blue. Now, the same thing though, if we rotate a little bit to your right please Frank, if I now make a shape, I take my arm over top and this is concave, you drive into me, don't knock me over, it's going to tend to hit me. Now I'm going to make a convex shape, force isn't going to hit me nearly as hard. Now I'm going to make a concave shape, I'm going to tend to get knocked over. So what I want you guys to think about doing, this is where mobility is really important, like a super valuable flexibility, mobility, you know, for like soft tissue and stuff like that, is that you can adjust your body into various orientations and then take shape that you can use to affect the fight and to affect the opponent. So just as you're going through this, keep in mind a pinky swear locks on like, cool. One of the reasons gable grip is powerful, look at this shape, it's like two clothes hangers hooking together. If I extend my fingers, they want to go apart. So the shapes that you're making absolutely matter. If I took my two fingers and I extend one, it wants to slip out, so then I'm seeing a fish hook and a needle. So start to pay attention to the shapes that your body's making relative to your opponent and then you can do this in statically and then over time you can develop the ability to do it in dynamic motion and recognize that this is the sort of thing that's going to allow you to understand transition, particularly transition through like organic shape changing that happens in real life where the other guy doesn't necessarily respond according to the script. If you're able to do that and develop that skill, I think you're going to get a lot of mileage out of it.