

Metadata: <https://www.youtube.com/watch?v=IWe1I9TnXZ8>

Okay, so now I'm going to work on arm lock, when the guy is on top of the half guard with the underhook, put pressure to pass your guard. Okay, so I'm going to start on the half guard and the knee shield. Okay, again, thumb inside. Okay, but now this time different when we're doing the choke. When he push my knee and my arm go under, now I don't have my arm all the way up here. I want the bar below his triceps now. Okay, because when I lock, he's already going to start feeling his arm. So now the other difference too, the choke, we're pulling towards you. So now to finish on the arm lock, I'm going to push him away, then the elbow that is on bottom, I'm going to lift him up. Okay, so here, thumb inside. Okay, control. Look, this frame is really important to control our distance. Okay, the guy like start push my knee, pressure on the underhook. Okay, now for the choke, you have to go for the arm above his triceps. Now for the arm lock, my arm is like on top of his triceps or below. Okay, now I make sure to control my triceps. Control my triceps. Now I'm going to punch away from him, like keep your grip. I just push him and twist my elbow. Okay, so knee shield. Make sure to have our grip right here first. Okay, so here, open his gi, thumb inside. You have to make a good grip right here. Okay, you have to time when he's push your knee. Okay, don't let him push your knee and keep your arm right here too after. Start fast because it's going to be way harder. Okay, so once your knee is right here, you have our grip. You know the guy is going to push your knee because he doesn't want to pass your guard if your knee is blocking. Okay, and he's getting ready for the underhook, my arm is already following him. Okay, below his triceps, look. Open your elbow, grab. Okay, so now I'm not pulling his head to me. Okay, I'm going to push away, like lose our grip on the corner. Imagine like I'm punching him. Okay, punch. Okay, now I'm going to twist your elbow and press his arm. Okay, so knee shield, open his gi, thumb inside. Okay, keep your elbow open right here. Don't keep your elbow closed. Okay, open. Let him go to the underhook. Okay, once he starts pushing, my arm is already there. Okay, look, my back is flat on the mat. I'm going to keep turning to make it easier to make my grip right here. Okay, sometimes right here, if you don't turn your body away, it's going to be hard to grab inside. So you're not going to have a good grip and it's not going to work. Okay, so turn, grab. The more you turn, the more he's going to put pressure on you. That's fine. Then you're going to use this against him. You're going to start pushing away, move your hip. Okay, the more you push, twist your elbow, focus on there. Okay. Good job.