

Metadata: <https://www.youtube.com/watch?v=jnrbdU70yM>

Okay guys, so let's address now some situations when Alan has a good posture over me, and how I can deal, how I can attack him without breaking any grip, alright? So, can you get here? So if I'm in this situation, when Alan is grabbing my collar and my hip bone, by grabbing the pants or sometimes just cupping, like this, alright? I want to attack this arm over here. If I want to attack this arm, alright, I have to, like, break his posture or break the grip. However, the other arm I can't. So, what I'm going to do, I'm going to get the sleeve above his arm. If I get under, he can easily deflect my grip just by dropping the elbow, so then I lost, like, the control over this sleeve over here. So, I want to get my arm over, alright? So now I have a good control over this arm over here, and then I'm going to throw my right hand inside. So I raise my hip just a little bit, and as I drop my hip, I can make some space to throw my hand inside. If he comes, like, very low, I can start to control his posture and do something else, but if he posture up, because I have the arm inside and the sleeve control, I can do the same thing that we did in the pendulum sweep. However, now, because I have this sleeve, I can start to rock my leg and go with my leg nice and up in order to have the omoplata. So, when I get the omoplata, just rotate a little bit, yes. What happened over here is this. My arm is inside. If I want to finish him, I have to take my arm out of his leg and then start to work the submission. But I can take advantage of my arm inside by, like, trapping the arm and then work a sweep from here. So can you rotate a little bit more? Yes. I want to try to grab this sleeve over here with my right hand, but as you can see, my arm is far away from him. So what I have to do is to drive his hand towards my hand at the same time that I swing, I circle my hand inside, and I have to release the pressure from my legs on his shoulder for a bit. If I keep the pressure over there, I'm fighting against my move. So I'm going to just lift my legs and my hips a little bit, and then I can grab. Just rotate a little bit on this side. So I'm here, I lift my hips and leg, and now I swing my hand to this side, and now I can keep the pressure again. So now I'm controlling his leg, I'm controlling his arm. So then I'm going to keep a good pressure with my leg against his shoulder, and when I swing this leg in, I'm going to start to turn my chest to this way. So I can easily throw him to this side over here. So one more time. So I'm over here with Alan, I go to this arm, I start to rock my leg, and then I get the triangle. I get the Mont Blanc over here with the triangle lock. Can you rotate to this side? Yes. So now I'm going to lift my hip just a little bit to rotate my hand from inside to outside, and now as I open my leg, I'm going to press my leg down, and I'm going to turn my chest down. To end up on top. And as soon as I end up on top, can you come here a little bit? Yes. What I'm going to do is I'm going to open my leg and I'm going to put all my weight here. So it's very common in this reaction, in this situation, Alan tries to get the underhook. If I'm aware of that, I can throw my underhook first, and then I can end up in the side control. So once again. Okay. So, we're over here, that's where I'm going to lift this. Can you come to this side? I'm going to shoot one more time in a different angle. One more right here. So that's a way to do the pendulum sweep, the mopata sweep by using the pendulum movement.