

Metadata: <https://www.youtube.com/watch?v=FzJWte2aKKk>

I'm going to talk about that arm lock a little bit so so as he's stacking he's stacking I end up sweeping him over okay and then as soon as he hits I don't really give him a chance to settle I want to I want to grab this arm lean back I'm still controlling that leg if I want and then we have the arm lock okay now generally you don't want to cross your ankles in the arm lock because it gives too much space if I were in say in this position sometimes you do but usually you don't because it opens up the knees when you cross the ankles and you want tight knees and tight heels when you do an arm lock but in this case it's okay so you cross here and then think about think about the thumb the thumb is really where it's at with an arm lock that is that dictates exactly where his elbow is going to be okay so I like to wrap his wrist with my elbow lean back nice tight mechanics here I don't have to go all the way down and then I still have this range of motion but I don't need to do it okay so I'm here everything's tight and I go so that thumb is very important because it's up and my hips are going straight up but if he starts rotating that thumb then if I go like this there's no effect I'm actually bending his arm a little bit so that's the key to escaping an arm lock and some people call this a hitchhiker escape if I have this position right here and he rotates that out he can do a back roll out of it he can come up he can hide his elbow so you really want to be able to control that thumb well and if you grab it with both hands that's okay so that thumb angle is very important for the next technique I have Tony in the triangle and this is also a really common counter I mean in some ways it's tightening the triangle if he if he comes this way it's tightening the triangle but eventually if you can get my head here well I got to give it up okay so before that happens before that happens as he's coming around I'm going to elevate my hips and then I'm going to move his arm but it's not against my hip it's actually against my thigh and I'm going to rotate this out against my thigh so it's a little bit of fine motor motor skills here as um so as he's trying to turn the corner I'm here and then I rotate this down toward my thigh and take the arm lock as opposed to going straight up you might get it but trust me the thigh is where it's at you just move to the side do it on the thigh I've used that a million times it's really saved me so I'm here he's coming around the corner pull it down pull it down against your thigh and let's do it once on the other side so as he's coming around the corner don't fear rotate this out and put it against either your hip bone or your thigh and you're going to be okay let's play with them turning the corner and you arm locking that arm