

Metadata: <https://www.youtube.com/watch?v=PWm7omOJAxk>

All right friends, we're going to start from standing. I'm going to give you a nice little smooth back take that's going to set up a really gnarly takedown and a triangle too. All right, so here we go. So let's get initially into what we're talking about with the back take. So we're going to start in a normal kind of head and arm position here. And this is something you're going to see all the time when you're grappling, when you're standing. So if I try to bring my hand on the inside, he wouldn't want me to do that because if I do, I get an overhook here, okay? He's probably not going to let me do that. So if we're here and I start to bring my fingertips to the inside, see what he does there? He brings that elbow in so I can't get past that arm here. So I'm kind of here now. So from there, I'm going to build a bridge. I go down under my bicep here and I keep his elbow trapped into the V of my left arm. So I'm here now. Now from there, my head's going to go back as I lift his elbow up and that's going to get the arm to move. Okay, that's the first part. So initially we're here, head and arm. I go inside to here. That's going to get him to do that. Now look, my arm is going to slide up and I build a bridge to my bicep here and I lift as they fade my head back. That's the first part. Okay, so inside he blocks. I build a bridge and I lift as they fade. Now this time I'm going to add one more piece. I'm going to step my leg forward and when I step, it's going to be like a sumo wrestler, like boom, like that. Okay, so here we are. I go inside. He brings his elbow in. I build a bridge here. I go up as they fade back. Now pay attention to my left leg here. My lead leg steps and my left hand goes to a meat hook on his hip here. That's going to stop him. So if I'm here, he could kind of spin out of it. I don't want that to happen. Okay, so here we go. From the top, head and arm. I go inside. I build a bridge. See how I'm getting his elbow again into that crook of my arm? Make sure you do that. I go up as they fade back and I step. There's my meat hook here. That again stops him from spinning out. Now from here, my hand that's up on the shoulder is going to go down to a seatbelt and I put my left ear against his hip and I keep my legs far back and out of the equation. I don't want to be close here, but he could grab a foot. Okay, so here we go. From the top, head and arm control. Inside. Build a bridge. I go up. See how I'm lifting as they fade? I step to the hip here. You can hold it here down low or around the waist here. The hands connect. Left ear against his back. Okay, one more time. Here we go. I go inside. I build a bridge. And again, see how I'm here like this? I have that arm resting into the crook of my left arm. My head fades back so that I can clear that arm, bring it on by here, catch that hip. My right hand pulls down and I throw the hips back. Okay, now let me show you close to full speed but not quite full speed. Remember, speed always comes last. So you want to drill this maybe at like 30% at first. Hand comes in. He blocks it. I build a bridge up around and see how my head goes in and I slide my legs back? Let me do that again, but I'll slow it down even more. One, two, three, four. Okay, let's start with that. I want you guys to drill that over and over again and then we'll add in the next part after that. Osu!