

Metadata: <https://www.youtube.com/watch?v=v7VDs8lnmVQ>

Okay professor, I noticed that you had to readjust when going for the arm bar and it seems like there's a chance for me to get, tuck that elbow in and get on the ground. What would you do from there? Yeah, that's a good question. You know, one thing guys, I remember like every time you try certain positions, you're always going to be aware what situation can happen. Like I said, I never play like a single position, I play a variation, I play like, you know, a two-man technique. I'm kind of expecting kind of what can be happening from there. So to answer your question, so remember like you came right here, you got the framing last, everything's good right there, you approach, you reach for the footlock grip, you slide to the axe, he broke the grip, you switch to the sleeve, slide out, hooks goes over, and you pull the sweep, then I'm ready to go for the arm lock, right? That's what you're talking about, okay? Yeah, right here. Exactly, see like here, now when he drops his elbow to the floor, it's a fight, right? Especially if you start facing me, yeah, right? So I already lost the arm. I'm not saying you cannot pull this arm lock, you may can, but it's time to let go. What I do, I let go that sleeve and I find you right here and elevate the leg. So now my free knee is going to go right here and elevate my hips off the floor and I block this leg. So now I let go, I go underneath right there, go to the belt, and I'm going to start dragging you from the sleeve, but this hook stays right here on his belly button because that's going to be my back take hook. When I go here for the belt, and so I kick, go for behind the back, adjust, and then go for the back take, all right? So remember, I go here, go right there, he's break the grip, you switch, control the sleeve, step out, kick, all right? So you see like I had the foot lock grip, I switch the foot lock to the pants control and lift his leg up in the front. So when his elbow goes to the floor and he starts face me, you're gonna let go the grip and you're gonna go right here on his pants, you control the pants. Lift the leg up, look my knee, go behind his knee, and my hips gotta come off the floor. You cannot try to do like that and your hips stay low. You have to use here as a leverage, one, two, all right? So now I let go that grip, I'm gonna go underneath right here on the other leg, oh, control the belt, all right? So as I extend him, I sit up, go right there, as high as you can control, behind his neck, and drag him to you. As I drag, I pull this leg off, right there. Then go for both hooks, and go for the back take. One more time. So remember like, here you have to open the window, look the space I have. Over here I don't have that much space. You gotta do that. Elbow, he got his elbow already clear. So let go, go right there for the pants. Now look my knee, right here, all right? So remember, that hook I have right here on his bellybutton, it's gotta stay there. You don't want to lose that hook. So as I go over here, and I start dragging, look, I sit up, control behind the back, whatever grip you can do, kick, all right? So then you just go to the back, head control, and go to the finish. One more time. Break the grip, switch, right there, put the switch, he clear the arm, yeah, put his arm on the floor, exactly. So if you don't do nothing, stay here, he's gonna get out, all right? So elevate his leg, leg on the sleeve, control the pants, knee go behind his knee, you gotta do this movement. You cannot go over here, you cannot just drag his leg, it's right here. You could, but it's not gonna be the same level and the same pressure. I want to go right here, use that leg to like, one, two, there you go, right there. It's a kick, sit up, control as high as you can behind the neck, or any grip you can behind, any grip you can on his gi. That hand over here on the belt, or you can go right here, select, drag, adjust, and you go for the back, all right? you