

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

All right so we're going to talk briefly about how to get to these exact spots. The spot of the elbow frame for Natasha is this sweet spot right here on the clavicle where I'm pressing my elbow in like so and then how I get to for example the forearm pit is my hand kind of naturally leads there and so I'm kind of going to be looping my hand through and you see how it kind of naturally fits. So being able to practice transitioning from here to here is a good skill. In the same regard if I want to go to the sumi gaeshi grip I have to kind of have my eye on her other hand and figure out where it is and so I have to figure out wherever it currently is, grab it and this hand is going to not just try and go through her face or something and come this way slides out and hunts that forearm pit and the really big part of it is this rotation. I'm not just hugging her towards me I'm always kind of making a circular motion and keeping everything all tight in a loop so you can go through all three and now I'm here come back and make it into kind of a flow just practicing how all of this fits together. You even ask your partner to grab different parts maybe this time I look for it's there it's not there I can't get it it's behind my back figuring out where you should be grabbing but I think this has merit on its own just practicing how your body fits together for your safety.