

Metadata: [https://www.youtube.com/watch?v=e\\_c7G5T\\_ZR8](https://www.youtube.com/watch?v=e_c7G5T_ZR8)

All right, so now we're gonna look at using a slightly different grip But still getting our partner's arm across the central line. Okay, we're instead of using a 2-on-1 elbow We're gonna look to use an arm drag instead. Okay, now this is gonna arise in Many different situations My partner has a 2-on-1 or has inside bicep ties. I can come in I can make a switch I can go 2-on-1 wrist. I can move to arm drags. I can be controlling my partner's wrist here I can move to arm drags. There's a variety of different situations that You can move into arm drags or 2-on-1s or various grips as we look to go in Okay, my partner has control to my wrist. We come in we strip her grip off and we go to a 2-on-1 Okay, she goes to peel my hand off. We come in we switch we go to a 2-on-1. I'm going to talk about we use gripping to go into our attacks with Angle movement an angle and misdirection. Okay, all you have to remember that from a closed guard 90% of the outcomes will come from 10% of the grip or will come from 10% of the action. Okay, so most of your outcome Will arise from what happens during the action with the gripping. Okay, if I can win the gripping Exchanges I'm going to dominate all the setups whoever dominates The initial gripping exchanges will dominate the setups and whoever dominates the setups will dominate the pace of the match So the onus is on you to be able to dominate these early gripping exchanges to deny your partner inside position Where she can then stand up and open up your guard. Okay, so most of the work that you're doing From here will be just a constant grip fighting battle to move into positions where I can get into winning positions Every time my partner goes to make grips on me. I'm always looking to strip my partner's grip off She goes inside bicep ties. I'm knee pulling. I'm off balancing so we can go into all of our attacks off of these. Okay, so Most of what's going to happen is going to come from 10% of your gripping actions Okay, whoever's dominating the gripping is dominating the match So we're gonna come in and from whatever position let's say we control both of our partners wrists on our stomach we move into this Arm drag from here. So as we go to arm drag We just lift our right elbow up and as we need pull we just push our partner's arm our hand Underneath our armpit and elbow Here, so as we get our arm drag, we just come in we need pull we get our partner's arm moving down in this direction Now we're going to come in we're going to reach over our partner's lat muscle Now we have a similar Series of moves from here, but just now we have an arm drag instead of the two-on-one previously You move the partner out We're in here this time. We have the luxury of having this extra grip behind our partner's arm like so so now we're going to come in We move to a side scissor and now we pendulum up and as we pendulum up we tuck our right elbow in With any arm drag we need to make sure that our chest doesn't point towards the ceiling If I try to arm drag and I'm in here my partner's always going to posture up and yank the arm out So I need to put a wedge behind our partner's tricep By tucking in the elbow and hanging off of our partner's body So now she carries my weight and now there's a wedge behind my partner's tricep So now once you have to posture up, it's just so difficult now we can easily come in Look to extract our knee and now we can come to the same attacks we did before Okay, so just a little insight on arm drags from any position whether it's standing Seated butterfly and every arm drag we make sure that we put weight over our partner's arm and we turn our chest Down towards the floor. So now once you have some posture, it's just so difficult from here. Never want to be in this position We come in we use a little bit different method now We control two of our partner's wrists, we're grip fighting and we're winning the gripping exchanges We come in we grab up nice and high by our partner's armpit If we grab below the chances of slippage become much greater. If my partner straightens the arm, the elbow will always slip So we grab up nice and high by the armpit. So now even when the arm straightens, I still have a good bite behind my partner's arm Now we come in and as we go to drag, we raise the right elbow and We push her arm Underneath my elbow her hand underneath my elbow Now we knee pull over the right shoulder and we pull across at the hands at the same time We get our partner's arm into this good Position where our arms across the center line. Now we control posture with our

left hand now as a pendulum with the left leg We tuck the right elbow and we hang off of our partner's body. So now it's just a posture and gather head height again It's just so difficult. Now we can go into all of our attacks where we look to good move up and two attacks on our partner's back Jiu-jitsu, Shira-Zentaku, all kinds of things from there So just a little bit different grip using an arm drag this time to go into our partner's back instead of just your traditional two-on-one