

Metadata: <https://www.youtube.com/watch?v=aOEZkNiw3Mk>

Let's work another option when passing the knee shield here. So Andrew's gonna be on his back. When I'm in the knee shield here, guys, we're gonna treat the same position like we did before. Knee pointing in, I'm gonna reach my hand over the top, pull my chest over the top, right hand's posted on the hip, elbow in tight. My left hand's gonna scoop on the knee once again. Let's turn this way, Andrew. So from here, as I scoop on the knee, I'm gonna bring myself back into that center line. And when I bring myself back into that center line, I'm gonna keep everything in tight. So I open him up. Now at this point here, my right hand's still on the hip. I wanna swing and pummel my right arm back and side. When I pummel my right arm back and side, I keep my forearm now along the side of his thigh and I open up with my right elbow. Now as soon as I do this here, I drive myself back into the knee cup position. I let my right elbow roll over the top of his thigh. Once I roll that over the thigh, I reach for the head. Once I reach for the head, I can lock the hands together, pull my hands in, put that shoulder pressure down and slice right through for my side control.