

Metadata: <https://www.youtube.com/watch?v=9zkoJe4EVig>

Alright guys, Tycade here again, we're gonna be showing you probably one of my favorite techniques ever. I use this on a daily basis. It's a form of armbar and I get it all the time, it's super effective and really easy to get too. A little tricky, so you guys gotta pay attention, but once you figure it out, it's super easy to get and super effective. So again, I'm gonna consider this a counter, a bait. Right now, I'm gonna be standing with my right leg forward. In my stance, when I stand and I fight normally, I'm standing like this always because I'm so ready to come into the wizard. That's what we're gonna be doing right now. So our opponent shoots a single leg, boom, alright. Number one, don't just stand nonchalantly, right, he's gonna knock you off balance and then you're not gonna be able to do anything, he's gonna build up. So number one, when he shoots a single, try to meet him a little bit with your hips instead of just getting knocked off balance completely, right. So try to disrupt some of his momentum, boom, and now what I'm going to do is reach around and reach the top of my kneecap, right, right here, like a shallow wizard, right. A lot of people like to go as deep as they can with their wizards, which is fine, but when you pull the wizard up, a lot of times you pull the body lock up with it, right. So you're gonna do the single, what I'm going to do, just place my hand on my knee, open my leg out, kind of like a chop, and I'm going to flare my elbow out, right, just going to, like a wing, right, just like a winch almost. And then what I'm going to do with the left side of my body is fling it back, literally the whole entire left side, my arm, my leg, I'm going to do my best to make my opponent post on the mat, right. This for sure, 99% of the time should make your opponent get shucked right down to the mat. So with my chop, I flare and I look away from him, right. I'm keeping him on the ground by opening my elbow out, right. This winch I'm creating, put your hair up, this winch I'm creating by putting my hand on my kneecap is pulling his shoulder to the ground, right. Now let's say our opponent starts to get wise and he's going to start to build up and he's going to react into a body lock, right, boom. What I'm going to do is re-grip on the thigh and then do another back step. So whenever your opponent starts to build up a little too much, we're going to back step more pressure, right. Now once we get to this point, we're going to start looking away, dropping my elbow and my shoulder all the way to the mat, pretty much just like a front roll, right, boom. Now this is the tricky part guys. Right here, the shoulder should be trapped and super tight, right. And from here, I can roll and I can get great positions, check it out. I can roll from here and I can get the leg. I can roll from here and miss the leg and end up in like a side control. A lot of great positions come from there, boom, build up to my back, boom, right here. Don't get me wrong, a lot of great positions can come from here, but if you guys want kind of like an instant arm bar, what I'm going to do is I'm going to let go just a little bit, just loosen up just a tad, but right here I'm winching and putting as much pressure I can on his shoulder. Now I'm just going to release it just a little bit and I'm going to spin and back step over his body, right, I'm back stepping over his body, keeping his arm kind of loose. Now I'm going to re-cinch as tight as I can, right, oftentimes I'll get the submission from here, right, just by cinching my hips down, moving away, right. Sometimes he'll roll, if he rolls, it's fine, keep the arm straight, right, and then you can sit back into it or sometimes you can look away, boom, right, but keeping this arm straight and bent, really great submission, kind of like a straight money bella, right, and if you don't get it, obviously, boom, coming on top in a great spot. For more information, visit www.FEMA.gov