

Metadata: <https://www.youtube.com/watch?v=u4GreXQI9GM>

all right so here here i push the leg here that's it that's it okay now he pushed my foot down good and he want to put my leg over here yeah that's it okay you should in my my point of view here i like okay to again open my legs and try to get him in a triangle in the other side okay because a lot of times here okay if he puts his foot in there good knock him down but a lot of times you cannot knock him down because he's forcing this way good force to me to me to face me good you swing the leg over now you have a what you have here let's face it that way good you have now situation of triangle okay then you can move back to a triangle or you can just stay here for a while until you get back again in the omoplata and again you don't want to be in the omoplata with the foot under you don't want to hang out this position this position just a transitional position that you're going to be there okay until you want you to get up okay get up and make the guy tap all right so that's what that's what you want you don't want to be there you