

Metadata: [https://www.youtube.com/watch?v=AOJqKzf0P\\_o](https://www.youtube.com/watch?v=AOJqKzf0P_o)

Okay guys, continuing with the uchimata, using uchimata to get to our front headlock. Another great option that we have to set up uchimata is going to be off of a two-on-one, okay? So staying consistent with the previous moves, he goes in, he takes a collar tie, I shorten by shrugging my shoulder to my ear. That makes it so that there's a lot less of a grip that he can make on my head with the collar tie. So when he comes in and reaches, oftentimes we can go in and we can start with the shoulder shrug. Or if he already has the collar tie, as I'm looking to clear it, I shrug my shoulder, I start looking to peel that wrist off, and then I come in and I get to my training partner's two-on-one. I pull that hand into my chest. As always, same thing. We pull the hand into the chest, we just get a good grip on the shoulder. From here, we look to start pulling our training partner's leg forward. And from here, again, that same hop where we come in, this leg becomes light and we start hopping in. And as I hop in, I'm just looking to get his hand to the floor. Directionality of force is the same. We're going in this direction. So I hop in a circle towards my right in this case. And as I hop, we get the hand to the floor, we cover the head, and we end up in a nice front headlock situation. So another great way that we can throw him with Uchimara, not to get him to his back, but to get him to a front headlock. This time, it's not a one-handed throw. It's a two-handed throw because we have a two-on-one, but we still don't have that forearm. So he's going to base out with that hand. We shrug our shoulder to start clearing that collar tie. And as it comes around, we get to the shoulder as best as we can. We get to the hand and we pull everything in nice and tight. As we start running in front of our training partner and pulling him around, we focus on a step or a hopping step where I lift this leg. We get that triangle with our feet. I lift this leg and I just hop in to that Uchimara position. And as I start to reap and lift his leg up, I start rotating to my right, bringing his head down and getting him in this position. Now from here, I abandon the wrist and we cover our training partner's head. Now from here, we're always dragging him back down to the elbows. And we control our training partner down on the mat with that front headlock.