

Metadata: <https://www.youtube.com/watch?v=7lQ8eiYh-5w>

Kimura, we'll do basic, but I mean there's a lot of advanced people here today So we'll do some more advanced stuff too, but get everyone on the same page clear the arms You got to make him base on the ground palm on the ground I'm gonna uncross my ankles if you're really tall you don't have to sometimes guys can come into position with their ankles crossed I happen to be tall so I can do that occasionally But I almost never do because it's easier for the guy to smash you with that shoulder down Alright, so it's better if you can move the hip out and make the space where you enter now I'm not using my thumb. I like to you can use your thumb. I prefer your thumb We're coming up. I'm gonna collapse that elbow Okay, and then I can use my knees kind of kick off that rotation I have to get an angle on him got to move twice. Okay, if you move once It's okay a lot of people do this one and then extend But you really want to The two is where it's at then you can secure that heel on the opposite side of his hip and go into the kimura Okay, so we're here Now note that I do not lose connection with my hands for example I Cleared it and then I come up into position and roll out into the key So if you can do it with no loss of connection, you clear it I sit up and connect it on that palm one to hook with that heel Take your key more. Okay, start with the basic All right, one two, three the arms we make in places weight on the ground You can also use your knee to kind of kick him into you and then wrap around Now the closer you are to the shoulder is you need more arm length to be able to connect to your wrist So if you can enter Just over that elbow. It's gonna be easier to connect. Okay, then you get your your hip moves and At the end you want to kind of roll that shoulder back And tighten it up now what happens if they straighten it because any bent arm lock goes to a straight to To undo any straight they go bent bent straight straight bent. Okay, so I'm gonna kick him forward with my knee I connect he straightens and immediately you want to guide this into your shoulder Okay the other side Here I bring it up Immediately guide it to the shoulder and I want his thumb down. I Have this open palm So I guide it into the shoulder and then I want to straighten my arm so that my shoulder and neck are really really pinching Then you can move out Well and keep it trapped into that huggy bear straight arm lock, whatever telephone arm lock I'm here. I bring him forward at that elbow. He starts to straighten I allow my hand to rotate or allow his hand to rotate just a little bit. Okay, I Want I don't need to turn it It's gonna naturally rotate and then I put the brakes on and the brake is my neck and my shoulder Those are the calipers, right? So here we are. Well Bring him forward. He straightens it out guide it to that shoulder Move out. I like to get the knee on the shoulder and then I reinforce the elbow and I go to the telephone arm one last time Here he straightens it out totally fine move it out And take it. Okay That's a straight one two, three We're gonna do is we're gonna do everything the same you can use your knee you can come up into the position Okay, he straightens his arm and this time and and postures up just a little bit so I like to bring this across That that happens a lot. The guy feels like oh something bad is happening. So he wants to undo it So I guide and then I scoop behind his tricep and bring it around Grab his lap Now we go into our flower sweep boom, and if you can Just go ahead and take your your arm lock right here. Okay, keep it tight Everything you got that arm crossed up. That's your advantage You need to capitalize on that So we're here Come up Into it. He straightens. I pull that arm over and slow in slow motion. He straightens it and I guide it I go from overhooking his tricep To cupping guiding it through. Okay, I'm gonna come around I'd like to bring that opposite thigh up which pulls him forward and helps him you rotate so I can grab his lap Grab his leg now Don't bridge off the ground here. You won't actually want to use the momentum of your leg to change your angle and then cut it under Scoop that arm this His tricep is pressed with my Sternum slide that knee up to the head flip it over if you need to Oh, you got that Americana there and then you can Sit back for your arm lock. Okay one more time What's up here you can bring this forward He straightens bring it across Come into that lat position middle finger in the lat arm goes under the hamstring shift then kick it over Okay, and I'm I'm not gonna let this come back down to

the ground. I want to cup it right away slide We're all advanced people, let's do it one two three He straightens it out same thing and now we're just gonna go to an arm lock on this side So I block that face Okay If you want to step on the on the hip and drive But knocking him forward like this and getting that nice bite behind the armpit is really important Okay, you can hold this space with your palm until the other leg goes over. We're not crossing We want knee in heel out and then you you have your arm lock The other side I'm here he straightens and posture boom I want to I want to take advantage of I ride it all the way to this to this other side Place my forearm across his face and I want to kind of hold him down here You can grip if you'd like then swing the leg into position. Okay So you want to ride that momentum From here. Oh And snap your legs around it should be kind of circular Coming up. He straightens it out Use your legs Use your legs to break dance spin into that position one more time Lock legs allow me to rotate into into the position Okay