

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

Alright guys, so now let's see a variation when I start going for my cross-collar choke and then my partner is going to defend and then I'm going to go into the straight arm lock so We're here in the Coles guard, okay I'm gonna open my partner's collar Okay, make sure that you push the collar up like we talked about before and now I'm gonna come palm facing up four fingers inside I'm gonna go deep into the collar. Okay, make sure that I have my grip deep So as I'm reaching into the collar, make sure that you're not pulling the collar even though I have my hand deep If I pull the collar, it'll be a little harder to grab here. So the material will be a little Like tighter. I want to make sure that I push the collar open as I grab and then I'm gonna curl Okay, once I curl here and I pull down I'll have more material here as you can see it's baggier and I'll be able to grab my Grab my cross-collar choke So as we're here we start setting up just like as if we were going for the cross-collar choke that we saw we go We open make sure we get a good grip just grabbing the lapel so we can have a strong grip Okay, make sure that I curl my wrist put my elbow down So as we saw on the cross-collar choke, remember I showed you guys that you want to go underneath with the first hand Okay, if we go over with the first hand He's gonna be blocking my shoulder here Maybe a little difficult to get my hand in so I want to go underneath with the first hand But if I spend too much time trying to get both hands underneath I may not be able to get my hand in the collar. So I want to just open go straight with the first hand here Okay, as I start to move my hips and start looking for the choke My partner is gonna start blocking my arm. Okay, so I would want to get my forearm Right below his ear Right. He's gonna start blocking my arm. So as he goes to block my arm here I'm gonna do the same motion. Remember that when we move our hips to look for the cross-collar choke I'm going with a similar motion That I'm going for the arm lock. So I'm not hip escaping and then going for the choke I'm gonna just pivot my head Okay, bringing my knee up so that I can go for the choke as he's blocking my arm He's following my arm and he's gonna block me so that I cannot get close to him So he's just gonna push off of my shoulder or my bicep I won't be able to get all I'm gonna do is the same jump that we did before going to the shoulder Okay Once I reach here, it's a lot of pressure on his neck Okay, some people may if I squeeze here May tap Okay, but from here is a great opportunity for me to attack the arm lock So as I'm here, I go to the shoulder lock it. Remember about the Feet very heavy as long as you grip you can switch your feet anyway, as long as your knees are heavy and your Your your knee is pointing up. So heels heavy knee pointing up. Okay breaking his posture now Look, his arm is here. I just need to adjust his wrist to the middle of my Chest thumb pointing up double wrist control Okay, and then we can go into our arm lock finishes either Extending our hip here or bringing my knee came my thigh over the face Pinching the knees together thumb up and then arch my hip so again We're here Close guard I go underneath my partner's arm start to open his collar Okay open start to look as deep as I can pushing the collar. Do not pull it Push the collar get my grip right on the lapel Okay And have a strong grip here the blade of my wrist right on his on his neck as I start moving My body looking for the choke. He's gonna start blocking as he's blocking I'm gonna lock over the shoulder Okay, his arms straight. Once I have a good control with my legs. Remember my knees up my my My legs are heavy. Okay, I can go anyway as I explained before now I can start to look for the wrist Okay, release my hand on the collar and start sliding both hands to the wrist Controlling the thumb make sure his thumbs pointing up pinch. Okay, and then I'm gonna arch or Pass my leg over the face and finish the straight arm up one more time from a different angle So we're here remember Underneath the arm raise your hips if you need to as your hips drop you slide your wrist right inside That's all I need. Once I start opening the collar. I start to feed my hand inside as deep as I can Lock this here. I'm gonna start shifting my body looking for the neck as he follows me extending his arm So if he just keeps his arm back here, I may be able to reach the neck So he's gonna extend his arm not allow my arm to come. This is when I'm gonna shift my hips Okay shift my head this way. Okay, and

then I'm gonna lock my legs like so Okay, keeping in mind all the details we talked about about our legs about locking But our knee being up our heels being heavy. Once we start to center his arm. I can release the hand on the collar Grab the thumb grab the wrist pinching my knees here Okay, and then I'm gonna extend for one Pass the leg over For the second arm lock You