

Metadata: https://www.youtube.com/watch?v=nf4j3p_lvZs

So guys, now, in this video I'm going to say when I sweep him, okay? When I go over him now, he's going to choose to set up the kneebar. Let's go. Same position, defending my knee shield, I go on the hook, grab my both hands under, I'm going here, I put myself in the situation now, go back. Now, I want the knee crossed to the, I give him the knee cut, because I want the sweep now, I don't want the submission, one more time. From here, I go on the hook, I step, I'm on my knee, my leg slides back, I don't wait his reaction. One more time. My bottom leg, pay attention to my bottom leg, I go here, go there, step, my bottom leg goes, I take my legs off. You see? Just for him to understand the grip, okay? And I go over him, I'm going to go over, one more time, about the knee, again, from this side now, this angle here, on the shield, boom, boom, I grab on the hook, go under, now my bottom leg is slide, now I go for the sweep. For the sweep, I go over him, this way. Okay, I can't let it go here, kick, and you have two points, but today, you want to submit your friend. I'm on the hook, slide, go over, now I go, what's happening here now is, from this side, his knee facing the wall, I must bring my hip over his knee, I'm here, right, under his butt here, when I go over him, I must fall between his legs, now my pressure on him. One more time. Go ahead. Remember, if you don't squeeze your knees together, you don't have a submission. Go ahead, go for the sweep, now I go straight, and switch my leg. You see, like, I'm sprawling my leg, now here, pinch my knees, angle to my butt, and I sprawl. Again. Thank you.