

Metadata: <https://www.youtube.com/watch?v=Veja8IU9OMw>

Alright guys, let's look at a second option to take the bag from the outside standing position. So obviously the first one we went for a bit of a Birambolo style roll, that real leg scissor Birambolo. This time we're going to be looking at entering the crab rack. So this is a very good option as well to defend this position. Really make them second guess looking to put you in this position. Same grips, right thumb under their knee. Left hand grabs the far hip. We rotate to open the leg, but this time I want to pull Isaac back to the floor near me. On the other one, we went hips to the floor this side. This time I again switch my hand to the far hip, but I pull him back to the floor. What I want to do with my right foot is I want to make it so shallow that it becomes a hook like this here. So we're looking to make that a crab rack hook. But it's much easier to do that once I get Isaac's hips back to the floor. My right hand is going to reach deep and grab a scoop grip on his leg. So it's going to be a real tight grip. It's going to be an especially deep grip. It's always going to be easier to scoop up with the whole wrist than just the fingers especially when it gets slippery. And we're going to roll over our right shoulder. And you'll see what I do with my left foot. My left foot is a key detail here to help sit my opponent up to take the back. So we've got the hook. We've reached deep. We're rolling through. And I'm extending with my right leg. And my left leg is coming on top of the hip. Some people keep this as a secondary crab hook, but it makes it very difficult to sit someone up. When we drag it to the top hip here, it pulls them up. And I can extend my right hook away. And we seat them up. Secure the underhook seatbelt on the far side. And we can fold the body triangle here. Guys, this one looks pretty complicated, but we're just taking a crab hook. We're doing a forward roll. Looking away from them. The secondary hook is really going to axe down into their hip to force them to roll. We want to sit them up. We want to get deep behind them and sit them up. It really guarantees the back ten. Thumbs coming underneath. Grabbing the far hip. We're going to rotate and steer them. Isaac's trying to keep his legs closed, but when we pop, he opens his legs. So stay here. We're lifting the hip and rolling them past. I pull Isaac's hips back to the floor. I create a crab hook with my right foot. So again, if you guys see, we've got this crab hook here. We're grabbing a deep scoop grip. I roll over my forehead. I extend my right hook. And I axe here. So you see these two motions here. This hook, my left foot pulls his hips to the floor. My right foot extends in far enough away that I get a clear purchase on the back. And if you can look at my right foot here, my right knee is turned in and my left foot hooks the shin. So it makes it difficult for Isaac to clear that grip. We come under. We grab this near side under hook, seat belt. And before I take my right hook out, my left leg goes cross body. And we get a good purchase on the body triangle here. So we'll look at that in real time just to give you a taste of what it looks like. So Isaac's playing outside. We strip the grips. We pull the box. And guys, that's a great option if we can enter the crab ride from that outside position. Remember, the difference is we're steering instead of keeping them stacked, dropping the hips to the far side. We're steering and pulling the hips back to the floor. Single crab ride hook. Reach deep. Roll. Use the secondary foot to sit them up.