

Metadata: <https://www.youtube.com/watch?v=hv6AM52Sn5w>

let's go guys now one more position i like to do and then uh i i like make reactions every time right i'm in position i try to connect with something but this one here don't have connection this is life is true right let's go i'm here inside control right i push him back here he start pushing trying to fend i'm my hand him outside him i'm gonna go reach his toe you see my hand go easy outside the two i'm gonna try to grab inside his foot and he's still with me now i'm gonna push my elbow between his legs and push his foot okay simple one more time throw it down don't get a bad angle i'm starting pushing here to pressure his face and start pushing back when you start pushing me back i know his foot's really heavy on the ground if i'm here you see my weight is on his hip is not pushing me away if i try just do here touch his foot he stretch easy he's gonna scratch his foot i will try maybe he just reaction feeling reaction coach we're touching here stretch on that stretch online defending right look boom because his foot's light when he push me back you see i put the weight on his thigh now easy i'm gonna grab his toe here now bring my up with his legs and i push you guys got it so not just go there and grab the toe no you must shoot but when he push me toward his knees i know he's gonna be heavy on his feet that's why it's easy to reach his toes reach it tall and bring him for me look this position is really strong just be careful and try your friends go slow okay one more time here just beside he push me down i hit my ribs on his calf my hand go around and grab the toes okay now let's face this feet are facing them right now he push i touch my rib you can put your foot forward with you coach yeah doesn't matter because now when i put weight on him here on his calf on his hamstrings i know his foot gonna be head on the ground that's this is the time to grab and gonna make pull when i'm pulling i'm not pulling his hand there i make my i bring my elbow inside and bring his toe for me it's here okay the same time i push i pull you got it that's the easiest and the toe hold kind of knee bar ish position okay guys