

Metadata: <https://www.youtube.com/watch?v=RVBEIG8o9CQ>

Now we just saw a couple of ways to sweep from that position. Okay. Now what's left? Some missions. All right, so we're gonna see a couple of them. The first one we're gonna see is a variation of the straight arm bar All right. And once you see it, you're gonna see it every time you roll. All right, so I Have Kev in my cross-collar guard Sleeve here Look at his arm What I want to do now is have Kev's elbow go further than the center line of my Thigh. All right. I want his leg to go on the other side. So this way I can go and have a straight arm bar Okay, if I try to do it and his elbow is at my shin, I have nothing here Okay, it's gonna be impossible to do anything. So I have my cross-collar guard here. All right I'm gonna pull his sleeve here and Squeeze with my leg on the shoulder. And now look I got the grip I'm not just gonna try and get an arm bar I'm gonna use the grip here to twist a little bit. Look at what it does to his thumb. Okay See this here? It's leverage, more leverage. I break his posture. I pull his arm. His elbow is here, past my thigh line I'm gonna twist outside and then I'm gonna just squeeze my legs and raise my hip Okay So I have my position here. I pull Kev Use the gi. I twist Here. Squeeze with my shoulder at the same time. See what happens here? Squeeze my leg on his shoulder. I have the collar. That's fine Twist the gi and then raise my hips All right From another angle That's it So I have my guard here Yeah, look what happens to the arm. I pull his arm further I Have the grip here and I pull towards the outside. I do the rotation with the gi Squeeze with my knee here and raise my hips All right pull Twist outside and if you can get extra grip with your thumb, that's fine Some people have huge hands and they're super strong. If that's your case, that's fine Just go get some an extra grip and just twist it more And you get the tap. All right Here This stance, pull Kev in my guard. I have the gi here. I just keep the grip pull his elbow on the other side of the hip twist outside