

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

Okay, guys, so Rob's going to be back down here, head facing that way, please. Okay, and going to come into the mouth. Okay, now, just a little drill that you can do. It's pretty popular. Rob's going to put both hands straight up in the air. I'm going to come around, make like a diamond on his chest, okay? I'm going to push myself up, and this is how I'm going to spin myself, okay, into this arm bar here, okay? I get these nice and tight, squeeze my knees together, okay? Toes can come over, or they can not, completely up to you, but what Rob is going to want to do is try to turn always the thumb out. So, like I said, it's important for us to come here, come up, sometimes you have to work your way up. Okay, I get over. On this one, I don't get to take the shoulder, so I'm going to let go. My top hand's going to come up, and we're going to turn that thumb down, and we're going to finish the arm bar, okay? So, we're here. Arm's going to come to the middle. The opposite one's going to come around, and that's the side we're going to attack, okay? So I'm going to come here. I'm going to push myself up. Leg's going to come here, around, and we're going to do the arm bar, okay? One, okay, two, three, okay? Pinching my knees, okay? I immediately, guys, want to try to take this to the inside there, right? Come and get this. Now we're going to finish. The thumb is facing towards his toes, so I feel like I'm okay in this position, and we're going to finish the arm bar, okay? So, without anybody here, in the middle, okay, coming around, push yourself up using the triceps, pop up, and there's the arm bar, okay? We got it? Sophie, you're up. One, two, three, four, five. Good, push yourself up, and just go. This one first? Yeah. Or the other one? That one first. Very good, okay? So, see, immediately, naturally, guys, his thumb wants to go this way, because this is the way it's going to get him out. So we want to try to keep it tight, tight to the chest, and we're going to lean and try to pull that back behind that knee. The top thing can come up, as long as this thumb is up, or facing towards the toes, then Rob is going to be in trouble, and she can finish the arm bar from that, okay? Now let's try your good side. Okay? Taking that shoulder on that last one, guys, huge. We don't have that option here, so push it up, tight, tight, it's very good, okay? Tilt it in, try to get that thumb to the toes, and finish the arm bar, good. Okay, let's do one right on top. Let's call it the diamond push-up. Okay, left hand on the sternum, right hand there, you're going to push up, and spin, and finish, very good. Okay, that was pretty fancy. All right, let's do your good side. Okay, diamond push-up, push yourself up just enough, guys, to get the hips up, around, and click your knees together, okay? Rob needs to work on that side, he's got a lot of weird, crazy stuff going on here, but it's push yourself up, and we're going to try to click those knees together, click those hips, let's do that one more time. Okay, so try to get that top leg all the way around the first time, okay? So, one, two, okay, good. Okay, so instead of kind of being down here, we'll try to straighten them out in the future, but it's really, really good. So you guys kind of want to be like they're on a cross, here to the outside, but thumb to the toes, thumb ups as far as they can go, guys. Toes, thumb up, anything this way, no good, okay? So, easy, quick little drill there for the straight arm.