

Metadata: <https://www.youtube.com/watch?v=gBsDlkk0px8>

Okay, so I'm going to get a little more details about the head up, hips in position, okay? Like I said, you have to jam the hips. If I was teaching fighting right now, I would say try to get your chest over your target, okay? Just an idea to how much you want to jam those legs because you're dealing with most fighters, pretty much all fighters you see in the UFC, they're all athletes. And like if you have a grapple, a good athlete versus a terrible athlete, I mean, and they have equal technique, who's tougher? You can't deal with the better athlete. Athletes are a real thing. You get certain guys, they suck technically. They only know a couple of things. They're terrible at everything else, but they're such great athletes. They're tough to beat, okay? So we all like to pretend that, oh, technique conquers everything. Well, if equal technique, I'll take the athlete, okay? And even though, by the way, if you're not an athlete, hey, neither am I. Everybody looks, just because I have muscles doesn't mean I'm an athlete. I was okay. I'm an okay athlete. Other guys, sick athletes, all right? Just different. Look at the NBA. 6'10", built, can move like a cat, jump over a damn car. I mean, you're telling me that's not an athlete? A little different than just a thick-necked fucking grizzly bear like myself, okay? So like I said, rather than trying to, in this case, I'm postured. He takes away the angle. I come here and I go to my saddle. Now I jam him. Now I go head up, hips in, get the feet in front. Now, from here, it's a great time to go down to like, say, a farsight cradle. And that way you can have the arm tucked. That's one of my favorites to do, okay? But stay here. Stop pointing your asshole at me. I tell him all the time. Head up, hips in. We're going to use this opportunity to take a submission. So we're going to go to an ankle lace, okay? So it's simply, I'm going to go this way. So I'm going to fold the legs, all right? So I want this one under, and then I'm going to reach and hook, okay? Now, when you get a temporary hook, you can always cup the shin. Other times, you grab like this. Don't grab like that. Grab like this. That jams it. Now, you okay? I'm going to pivot, put my knee on his chest. So a lot of times, I'll just hook one hand and I'll be fighting this wrist, okay? That's what I'd normally be doing. But you don't need to have this. You can be already on your lock, okay? Now, I'm going to put my knee on his chest. So I get a nice, good bite. Now, from here, I'm going to fall back and hook my leg over his hip. Here. Now, I don't need to do anything else but the lock or lock, okay? If you want, take this out, figure four, okay? The reason why I held that wrist is because that's his post. You ever like fall back or something and that dude just timed it, and next thing he's standing over you, okay? That's not a good feeling, all right? But he had to get up on a post, you understand? So the near arm, if I'm falling that side, the hand I grabbed, that's the elbow he's going to get on, okay? If I grab the other elbow, he'll still get on that hand and try to muscle up and wrestle out, right, to try to find his way out of the technique. So I go mirror side. So when I fall back, his arm's like this, he can't get on his post, he lost the momentum that he was trying to ride to come up, then I lock my hands, and by then he's goosed, all right? I'll demonstrate one more time. Same angle there? Yes, sir. All right. So I hit to that head up, hips in position, okay? From here, give him the jam, make sure he doesn't hook your armpits, do the fold. If I'm going this way, this one goes on bottom, drop the lat muscle, hook the ankle, okay? This is my temporary hold. Now he's going to be fighting me anyway, so his hands are going to be pushing left and right, I'm just going to grab and pin, turn the corner, okay? I'll show you another option maybe, if you guys want. From here, as I fall back, I keep him from getting on his elbow, so he can't chase me, then I do the transfer. Give my finish, figure four, finish. Now, one of the weird things you can do there, is kind of cradle the head, I kind of do that, but it's mainly a knee bar when I do it. I don't like doing it with the ankle lace, the way I showed you is the way I do it. So you can kind of play around with how you want to finish it, okay? But I wanted to throw some submissions in here, since it's a grappling video, on how to take advantage of that head up, hips in position.