

Metadata: <https://www.youtube.com/watch?v=JV6aBeL2RLY>

Or I'm gonna go to a straight jacket. No, I'm gonna hand it off and go to a straight jacket watch this I'm gonna switch my one-on-one. I'm gonna go into a cross one-on-one. We call this the straight jacket Okay, I'm gonna show you why we call it that just here in a sec Here's the routine again guys, don't worry if this routine seems complicated I'm going over and over the routine again with more and more details. Okay, so the hands are high They're in the upper quadrant. My partner's trying to peel my hands off. Watch what I'm gonna do I'm gonna pummel my way to his pinky. I'm gonna trap that pinky. Now. I'm trying to choke him. I'm gonna limp arm. I Can't get through his resistance. No problem. I'm gonna limp arm Here's the limp arm Once I limp arm, I'm gonna trap his wrist now. I'm controlling both his hands fantastic My left hand is controlling his left hand. My right hand is controlling his right Watch what I'm gonna do. I'm gonna do a swap. I'm gonna swap the two I'm gonna swap the left for the right and now I have him what we call a straight jacket Okay, one of the best controls you can have now. Here's why here's a here's me pulling my elbows to my side Okay, you see me pulling my elbows to your side my side. You would never want to do this Okay, when you have a straight jacket, this is just me showing you why we call it at the straight jacket Look, he looks like a like he's in an insane asylum and we put a straight jacket on him Okay, but you don't need to tuck your elbows in you're just simply gonna hold him in this fashion that I'm doing right now You