

Metadata: <https://www.youtube.com/watch?v=Bb3swluOolc>

All right, guys, now we're going to work on my favorite knee bars from on bottom. This one's off the Kiss of the Dragon. All right. So reverse delta Hiva. It's a really effective knee bar. I attacked this one on Craig Jones. I wasn't able to get the finish, but it was very tight. And this knee bar works all the time. So we're here in reverse delta Hiva. I'm going to use my toes on the hips. That way I can control his hips. Right. And now I keep the frames inside. What I'm going to do is under hook this knee, right? Or under hook his ankle. Swimming in. It's the classic start of the reverse delta Hiva Kiss of the Dragon. All right. Now from here, I'm going to invert. I use my hand on my armpit to help me spin. Right. And I stay in tight. I'm not extending. I'm keeping everything in tight, my knees to my chest. Right. And I instantly grab this other leg right here. And now once I'm in this position, I'm going to lift the heel with my right hand. Right. And I'm going to circle my right leg inside. Right. I'm going to circle inside, come around and then chop. All right. As soon as I chop, I'm bringing my heel as tight as I can to my opponent's butt right here. Right here. Now I'm going to pull at the heel. All right. Bring the toes to my neck. And this is the most important part of the technique is keeping the foot pinched to your head. Right. If you don't, it's going to be able to spin out either way. Spin, spin, spin. Right. So come back. Keeping the toes to your head is going to slow down the spin. All right. Now, from here, I'm going to chop, engage, go double hands on the heel. And now just like an armbar, going to pull, pull the heel or the heel to the side and then engage my hips, right, into the decap. Right. I like to add a little bit of a rotation. Boom. Right. And if my opponent rips out and spins, right, he spins right into an inside heel hook. You guys got to notice that that's his reaction. That's going to happen. Come on top again. All right. So from this situation, if I can't get the knee bar and I'm pulling and he spins out and he aggressively goes inside, he'll pull and catch the heel. Right. All right. Come back on top. Boom. Frames. We're doing a reverse belly heave. You see right now, I don't have my toes on his hips. Right now, this is more of a knee slide. So before I even start the technique, I get my toes on his hips to control. Now I'm ready to go. I push, I pull and I spin underneath. All right. Using that push and pull will help a lot. Come here. Right. Especially if you're putting a lot of pressure. Boom. I push, I use the momentum and I spin underneath. All right. Now, once I'm from here, I'm going to elevate this leg and trap this other leg. All right. I'm going to circle my foot and then chop right here, right behind the butt. Once I do that, I need to glue my hips. I don't want to stay lazy like this. I need to glue my hips to his knee. Right. Keep everything tight. And then I go double hands on the heel. You guys see how his toes are away from my head? This is wrong. I need to glue his feet to my head right here. Right. And now once I'm in here, I want to pull the heel, engage my hips, go for the kneebar. Right. If I cannot get the kneebar and he spins out, I'm going to stuff and enter into the heel hook. Right. You guys are going to have to realize that your opponent is going to spin one way or the other. There's only two ways he can go. Right. He almost he can't really spin this direction because I have his heel. Right. So it's going to be very difficult to spin out this way. So most likely, he's going to go into the other direction. And that's when we stuff and enter the heel. Right. As long as we have this heel hook, we can recapture the knee later. Right. And from here, or we're just dropping the elbow, engaging our hips. Come back up. So one more time, kind of full speed. We're here on my bad side. I go, I under hook. I control the other leg. I lift, I circle. Boom. I lock. Now, once I'm here, I do a double hand to the heel. Right. And now I'm going to chop and then engage. Right. Chop and engage. The second that this does not work, you guys can pull this leg out for extra pressure too. Boom. Tap. Right. And the second that this doesn't work, he's probably going to spin out at this point. I'm going to stuff the toes into my heel. Right. And now most of the time you guys get here, your opponent's leg is going to be straight. Right. So if I just crank, there's going to be not really much of a heel hook at all. So the most important thing from here is finding that knee line and bending the knee before I start to rip the heel hook. Right. Now that I have his knee and I have the pressure coming in, I'm able to use the heel. Boom. Boom. You have

anything you want to add? Just making sure you're bringing through your hips. Right. That's pretty much it.