

Metadata: <https://www.youtube.com/watch?v=hpHL6iFyq60>

Hey, let's go over one of the strongest positions that, uh, that I believe it is in jiu-jitsu going from, from top down, which is the knee on the belly. So, every time you put the knee on the belly, Christian, please lay down, right? Every time the knee goes this way a little bit, every time the knee goes to the belly, uh, well, the way I like to set up, turn this way a little bit, Christian, the way that I like to set up from cross side, right? Usually from cross side, good control here. I'm going to do my push-up, right guys? Start, everybody start like slow, like turning this, push up and then down, push up and then down. Now, what you do is you do the push-up and you slide one knee through the belly and you make sure, make sure that the weight distribution goes, all the weight goes to the knee that is supposed to be across the waist or the belly. And the way you do that, you transfer the base foot, you transfer the power from the base leg to the knee. You don't put the weight on the base leg, you put the, you keep the base leg always ready to move because the defense is going to be moving. So, I gotta be adjusting the base leg. Yeah, keep making sure that my weight is on my knee. So, the whole weight is here. Another very important thing here is to try to match eyes, right? Or head. Christian cannot move his head and his tail. So, as he moves his head, I do move too. And of course, I control the shoulder, control the arm, right? You don't let people, you try to take the frames out of your body. That way you're going to be able to go to all the strokes and on bars that we're going to see. But the first drill is, go back again, going back just like the way you can. An easy drill here. So, I'm gonna go from cross to knee to control the shoulder or the collar. Either or. You feel it. You control the shoulder, control the collar, control the hand, and make sure don't put this knee on the ground. Out.