

Metadata: <https://www.youtube.com/watch?v=-Csqsou7jyA>

So a lot of times when we're going for the sweep and we try to get a side control The person roll away right and not always going to be able to get the arm bar from there Sometimes they roll away too fast and I miss the point of the arm bar. They go too much Okay, so if that's the case what I'm gonna do is I'm gonna take the back from there doing a seatbelt control. Okay, so As we are here My partner is keeping the leg tight not being able to take it out to move it away I pull everything back using my whole body it moves back drop on my elbow Hop to the side my foot comes on the back of the knee pull the collar pull the sleeve kick I go for the knee on belly, but then start turning away. So from here, I don't have the same control of the arm anymore Okay, so I'll keep holding the collar and my hand on the sleeve. I'm gonna let go I'm gonna start hugging him over the shoulder and connect my hands together Okay, so from there look I'm gonna keep my chest connected keep my chin right on the shoulder Okay, and then I'm gonna switch my legs always pushing before so I have space to get my left hook in so Now I bring him back and get my second hook. Okay, so one more time Here I pull back, push me back, drop on the elbow, hop, hook, kick I try to go and start turning Connect the hands chest connected, chin connected, push the person forward so you create the space Get the first hook Bring back Second hook and I finish the back take. Okay, so we'll do it from a different angle now Here I will pull him back with my whole body, he pulls me back, drop on the elbow, hop sideways Hook the back of the knee, kick and pull Start turning so I'll keep holding the collar to slow him down. Okay The handle on the sleeve We go around the neck. Okay, so we're doing a seat belt control I will keep the chest connected, chin on the shoulder Push my opponent forward and now I'm on my right knee. So now my left leg will get the first hook Now I bring him to me Getting my second one So a little faster now Here Pull him back, back, drop kick Move to your own body, start turning away Keep holding, seat belt control Chest push my opponent forward Get the first hook Second hook, finish the back take