

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

Okay guys, so now we're going to work on the almost same strength as we did before, but now we're going to use the lapel, okay? So I'm going to have him with the head towards that way again, and now guys, as we get here, I'm going to put my head there, I'm going to apply pressure on him, okay? We need to understand that I cannot do this, I'm going to be too high, I need to apply pressure on him so I can work, okay? Because if he's comfortable, he's not going to let you work, right? He's going to be pushing around, defending, recovering, okay? So you need to make him feel some pain here, make him uncomfortable, and take the lapel, pass to the other side right here, okay? And now, we're going to do almost the same combination here. Now I'm going to come here on this side, I'm going to start moving my knee like this, and I pull his knee the more that I can. You're going to be almost in position as we did before, okay? And now I'm going to try to get a little here, put my chest on him one more time, I get my hand inside, and I get my hand like this on him, okay? Now from here, I'm going to be using my hand on the top heel of his chest like this, I'm going to drop my body, and I'm going to make him tap, okay? So you choose what you want to do, if you want to work with the lapel that's here, right? You're going to be putting the pressure, you want to work the lapel here, this is an awesome control when you have the lapel underneath, right? Like this, and now as you're going to switch, I'm going to get here, I pull the lapel all the way, and as I want to get him on this triangle, I'm going to put my chest hovering here on him, I'm going to take my hand off the ground, and I'm going to get here, okay? As I get here, come with my hand sneaky inside, or I can come behind him here, and really come close like this. If you're doing this, and you're feeling that your wrist is a little weird, you can just come on top of his knee here. Don't come too close to the neck though, come closer to the traps, okay? So once I got here, I get close to the traps, and I use the same stuff that we did for the bread cutter. As I get here, I drop my hip on the ground like this, okay? So I'm going to be here, there, now I take his lapel off, give it to the other hand, and I'm going to be right here. After I got here, now I'm going to get my weight well distributed here, I'm going to get my hand inside, and now I can move as well towards him, because if I try to do this, Ben's going to start pushing my head, look. So once I'm here, I move more towards his head, so I can put my hand inside here, okay? I get as far as I can go, here on his head, behind his neck right there. I'm not going to get satisfied with the tip of it on the very beginning. If that's the best you can do, alright, that's fine, but adjust this, okay? Come inside here, and same thing as we did before on the paper cutter, I just let go because I don't want to be crushing Ben's neck all day here, and now I get here, if he's not tapping, push the elbow away, and move away, but for sure, you're going to get so tight, by the time that you drop your hip and your elbow on the ground, he's going to tap.