

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

Alright, another way to build strength athleticism using a partner, so you're going to start standing for a body lock, you're going to mat return your opponent, as he hits the ground he's going to gramby and get behind you. So mat return, gramby, reversal, and you guys are going to switch, you're going to go back and forth as so. So get behind me, you're going to mat return me, boom, hit the mat, I gramby, you're going to land behind. I mat return, he's going to gramby, and he's going to land behind, that's it, we got to switch. So mat return, gramby, get behind him, and rotate like that, gramby, get behind, boom, mat return, gramby, get behind, a few more reps, mat return, gramby, chase the back, very nice, one more, very good, good job. Alright so you saw it, mat return, gramby, chasing the back, using this as a fluid motion to keep engaged in the match.