

Metadata: <https://www.youtube.com/watch?v=z7n-Rt1jQe0>

Okay, so now we're going to change to now instead of first couple of times we've worked with the upper body, how to separate the hips and the shoulders. Then we transition from hips to knees. Now we're going to work on a body lock concept where reactive where I'm just going to go for the body lock, didn't use my leg pummeling, right? Same kind of stuff we're talking about, parrying. And then we'll also go over one where I can't control the upper body. So I pull the legs to get to the body lock. So we'll kind of connect as we've gone upper body and lower body. We'll do the same here with the body. So I know I want to body lock. Let's just say like something I'm really good at. You know, a lot of guys, if you're a wrestler, you're so used to getting to the body lock. Okay. Um, judo, it's really nice to get underneath so you can start lifting. So I know I like the body lock person, right? So now if I want to body lock, I'm going to be saying, and I'm going to try to start driving to open up his legs. Okay. So I'm already here. I know Anthony wants to, he wants to sit up to get underneath me, right? So I'm so low as he goes to sit up. I'm already like low in my body lock. Okay. As soon as I lock, I'm going to start to force his body to one side. Now, same kind of scenario before. As I body lock, I fall and I trap. Okay. So look at my upper body. I'm locking him down. If he tries to get underneath me now, I changed my hips. So look, I drive, I don't drive to his upper body. I keep my elbow on top of his hip. I don't move from here. All I do is I walk back and we're in the same exact position that we've gone over on every position from here. Now I have the body lock. I definitely want to start to transition to his back because look, I already have the under hook on him. I let go, right? Now he can't come back from here. I'm not going to let him back, right? I'm not going to give him side control. I'm going to start to drive my head forward. Use my knee. As I keep driving, I lift, lift, lift, lift. If he doesn't go, I'm going to drive him, right? So a lot of times he wants to run away, but if he keeps trying to put his weight back, put your weight back like you want. I drive, shift my body behind. Now I have his back. If I stay here the whole time, Anthony's going to be able to get his back to the mat and it's going to be hard, right? So as soon as I get this position, I need to drive his armpit up, shift. Now bottom hook comes in. If you don't like to get the bottom hook, which a lot of people don't, you get your knee. Now you can get to the top hook and pull. I myself, I got really short legs, so it's hard. I don't want to reach because I'm off balance. So I use my bottom hook to hook. Now I can pull. Now it's easier for me to get my hooks or control, right? So it depends on, on what you like to do. A lot of people like to, when they come, they'll step over, pull and start to bring it back. Personal preference, whatever is the best for you. For me, I believe is the right thing to do.