

Metadata: <https://www.youtube.com/watch?v=FqBZB1YJxu4>

wrist control. There's a certain form of wrist control that is very powerful that I'd like to share with you. If I'm mounted and TJ decides to turn over, I'm going to come into an S-mount position and feed this hand, okay? It's possible we could get a choke right here if we get it in early enough, but I'm not always concerned with that. I would rather keep control here, double up on his other limb, and pull him back. Now from here, I can lean. Typically, they don't like this. They don't like this being pulled, so they extend and then I finish in an arm lock. Okay. Wrist control from the guard. Pull the arm across, feed it to your other hand. Now, difficult for him to get that back. From this position, I swivel like it's an arm lock, go underneath his hamstring, sweep him over. I take the mount and now I can generate a lot of pressure by pulling on that hand and pulling up on his leg.