

Metadata: <https://www.youtube.com/watch?v=YUcw3VoIV94>

Okay guys, in this situation here, it's going to be the last one from the knee on belly, and that's my entire sequence from the knee on belly. I try to place the knee on belly, I try to go to the both arm bars, or if it doesn't work, I'm going to try this baseball choke that we're just going to do right now. So it's a very good option, and especially when you can't see the both arm bars, and you guys will see that we're going to use pretty much the same grip that we use when we place the knee on belly, and I don't have to change many things there, so it's a pretty quick way to go there, and it's called baseball choke because it's going to look like I'm holding a baseball bat. So I'm fighting against my opponent, I'm going to control his lapel, I'm going to control his belt, and I'm going to place my knee on his belly. Once I did that, look guys, I already have this grip, so all I have to do is slide out this grip a little bit. Now my hand is going to come here, palm up, and I'm going to control it like this. Guys, once I did that, I'm almost going to jump to the north-south, so I'm going to do this, look, I'm going to do slow motion, my head is going to go all the way down to the opposite side, I'm going to place both knees on the ground, and I'm going to push until he taps, okay? So let's look again, fighting against my opponent, I'm going to control his belt, I'm going to control his lapel, I'm going to place the knee on belly, I'm going to place my hand palm up over here, both forearms tied on his neck, okay? And now I'm going to try to go as quick as I can to the north-south. I like to go quick to not give him a chance to defend, so I'm going to do this, look. Once I got here, head goes to the ground, I'm going to push, and submission is just there. So one more time, here, knee on belly, hand goes palm up, I'm going to switch, and here I am. And the submission is just there, so it's really important that I try to move as quick as possible, I could even do that from the side control as well, if I do that from side control, I just got to be careful to not get armbar here. Many people try to do this, they go here, my opponent lifts his hip up and goes to the armbar. So even when I do that from the side control, I always try to be aware of that, I even place my knee a little bit on his belly just to avoid his leg coming in, and then I do the same thing, look. And now I just switch, so. And again, so you can even do that from side control, as I just showed, it's just really important that you place this knee here on his hip, avoiding his leg to come in, look. Now his leg cannot come, now I'm going to give myself some space here, he's lying his hand down, once I got that, I'm just going to place my knee on the ground, switch to the other side, I'm just going to place my knee on the ground, switch to the other side, hand goes to the other side, and the submission is just there. So very good option, very good choke, and works really well, so make sure to try this out.