

Metadata: https://www.youtube.com/watch?v=Ry8pY_XMJ0g

Let's talk a little bit more about submissions and how we can convert them to taking the bag. Why would you do this? So every time when I have a submission, but they don't according to plan, I am looking for plan B to convert in another, towards another dominant position, right? So as I'm sliding my hand towards the collar choke, a simple, simple cross choke from here, really powerful, but my partner's coming in with his hand and it's creating separation, creating saturation right inside, not allowing me to come towards them. Over grip, bring him forward and trap. And again, we are back in the same position. So at this point, at this point, we are just simply talking about different examples of how to get to these common spots that we've outlined this entire series. So again, coming into the cross choke, his hand is coming inside, protecting his neck. Rightfully so, he should be doing that. Kind of right there. Sleeve. You can also grip the elbow if it's available, open it up and slide it across. That's just another option to drag the arm right across. Sleeve is another way, I do like sleeve. It's more accessible and easier to open, drag it right across. Same principle will apply. I'm never pulling, I'm always pushing. My hand on the lapel will remain there until we get to this conflict point that we talked about in a previous video. Push, let go, and we are in a back control right here, controlling that shoulder, removing, and we are nicely towards the back. Let's do it one more time. On this side, coming with the choke. Yes, right here. Drag. So the interesting part here, since he's tucked in towards his neck, pulling right across, there's gonna be a lot of friction and saturation with my own hand. So I'm actually going to open him up, down towards my elbow, and then drag it across. Take a look. I'm gonna open him up and drag him right across. My knees are active, I'm pulling him forward, trap, and we are in towards the back. One more side. Good. Excellent. Having the cross choke, he's defending. Open, drag across. Shoulder control. Remove yourself as many times as you need, and we are ready to attack the back.