

Metadata: <https://www.youtube.com/watch?v=hcMddAv4UPA>

All right so like we talked about before we're not really going to go into too much guard retention stuff where my partner does get past my hip line or does get up to my shoulder line but I want to show you one thing uh how we uh I want to show you how we enter into ashigarami when my partner hits a throw by using the same inversion that we just did okay so she's gonna be up and she goes to hit a throw by the second she goes to hit a throw by we're gonna take a grip like so right down by our partner's ankle here so now as she goes to throw by I use a combination of this grip and concave shoulders to get myself to a fully inverted position again if my shoulders are flat on the floor you'll never be able to move yourself so I time her throw by as she's in front of me she goes to throw by I immediately go right into an inversion and I capture both my partner's legs now she's square here so I always enter into the leg closest to me if she was sorry she's staggered here I always enter into the leg closest to me if she was square now I can go into either leg because it's a symmetrical position but because she's staggered now I just throw everything up I catch I come around the corner and now we can send our partner down ready to cross ashigarami so just a combat realistic situation we're supine she goes to immediately throw my legs by and we immediately are ready to come up tie our legs into place and go into attacks on our partner's legs all right so just know that if your partner does just shoot your leg by really quickly obviously we're playing with some guard retention stuff here but if you want to just go into an attack right away you have concave shoulders we catch we time her so we wait for her to hit the throw by and then immediately we're into position ready to sit our partner down and get to attacks on our partner's legs to come up and pass wherever you want from there all right so just a combat realistic situation where a partner hits a throw by and we use that same inversion to come up and enter into our partner's legs uh I know it looks kind of fast paced and athletic but I'm not really asking you to do much all you have to be able to do is this I'm not asking you to put your feet or your knees on the floor if you can just get your lower back off the floor that much you can enter into your partner's legs it's not really that difficult