

Metadata: <https://www.youtube.com/watch?v=DXiaVXI-Quo>

So, in that movement over there, you have that question, right? Tell me your question, please. So, if I scoot under? Yes. And throw the other leg over to have more leverage to pull the arm more. Yes. So, pull my arm, pull my arm, so you want to pull my arm more here. Correct. Right? Yes. Come back. Use the same principle. You have my knuckles. As you start to pull, if I have a base, I try to get my hips forward to you, you pull my arm. See, because my weight is going down. But when you start to pull the arm, I got my ankles here. I got my ankles on this side, in that angle. As you start to pull, I can sustain that. Do you feel how much your right leg goes up, down, in order to pull? As you pull now, now I'm going to get all my ankles to that side here, all the leg. I'm going to use your pulling now to catch your arm. The same arm that you tried to trap me, is the one that I can come back now with that key lock. Hands on my body. Arm on my body. My hips down on the mat now, just to alleviate your shoulder, when I catch his hips off the ground. Exactly. Let's do that again. So as we go here from the beginning, you got to pull over there. Have ankles there. With the leg, without the leg. My ankles, depending on my hips, helps to sustain my shoulder. As you pull, I'm not going to stop you. I'm using, as you pull, both ankles. A little jump. Pull the arm up. Engage the hips. Corkscrew. Not hips on the ground, otherwise there is no weight. Hips on the plus, like a chair.