

Metadata: <https://www.youtube.com/watch?v=89WafIvGduQ>

Okay so this next one I try to disguise a little bit of my wrestling into obviously pulling guard now. So I like to do a lot of arm drags, so I like to disguise this arm drag to going into reverse de la jiva. I used to in the Gi do something different than when I do no Gi, so I try to mix those both so I can do the same thing for both arts, so it doesn't really matter. But nothing really fancy on this one, specifically pulling a specific side arm drag to my strong reverse de la jiva side, my preference on the side, and then from there immediately exchanging my grips for my arm drag into the grips that I want for when I'm playing reverse de la jiva. So again what I'm looking to do is use my right leg as my reverse de la jiva leg, so I'm going to use my right hand as my anchor point for my arm drag. So what I want to realize here is I, like I said, I'm not a great wrestler, I just know certain things and certain aspects. What I like to do is I like to do like a claw grip, so like Hinger calls it a lobster grip, you can call it a bunch of different things, but I prefer to literally go inside thumb here to open up his elbow rather than just holding his wrist or trying to hold his sleeve. I think about keeping my hands in tight and looking for that grip and I rotate his arm over to open up his elbow and that's when I'm looking for that cross grip. Now the arm drag should feel something like a collar drag. I'm trying to put my body in the opposite direction trying to put his arm and that's going to give me that open, that gateway to slide underneath for reverse de la jiva. So especially what's the key is that as soon as I pull that arm drag I'm bringing my right hand to the heel and I'm bringing my left hand to the same side thumb down collar because that's the guard that I prefer to play when I'm in reverse de la jiva. So I'm opening up that hand pulling and as I hit that I'm sitting my leg through that's my reverse de la jiva my hand comes off I'm inside already playing and pushing back sitting him up kick sweep or do whatever I want to from there. So moving around looking for my opponent looking for that thumb in grip okay keep my hands in nice and tight thumb in open and roll come inside it's my right arm I'm shooting my leg out pulling his arm to the opposite direction putting my hook that hand will slide off go to the heel go to thumb down collar and play from there nothing crazy just do it one more time it's super small thumb in open pull out in my reverse de la jiva. you