

Metadata: https://www.youtube.com/watch?v=4_ulFyr9OpI

All right, we're going to do our double ankle fit pass here, this is a good one, and we got a little details here to point out, so Khalid's going to take a seat here, Ethan's going to come in, our person is here playing guard, especially when the person's laying down like this, this makes it that much easier. Ethan's going to pick up the ankles, look how he picks up, watch the switch of his hands, he switches his hands into a C-grip. When he does this C-grip, he's moving forward fast, and he's ready and explosive to switch and turn that corner because he knows he's running Khalid to turn the turtle, he's pushing him over, he's forcing him all the way over, all right, and that he has to be aware so that he doesn't end up on bottom and Khalid wrestles out on the other end. All right, so again, you don't want to do this and watch it happen, you want to do this and be explosive and fast around the corner. So he picks up the feet, once he gets it high enough, he switches to a C-grip and he's running the feet behind him and he turns that corner quick and he's behind him already with a seatbelt and on his way to the back. All right, so one more time, E, quickly again versus playing guard, all right, grab the feet, switch to C, and now right here he's driving the feet fast, pushing it by and there it is, got the guy in turtle and he's on his way to the back. you