

Metadata: <https://www.youtube.com/watch?v=DIC9LWXVOew>

This is the sprawl. It's a good way to defend the single leg or the double leg, but we're going to look at when he goes for the double leg. So starting out on this angle, as he makes his approach, I don't want to just go ahead, come on in. I don't want to just keep my legs where they are. Okay. Even though I have an under hook on one side, if I stay here, he's going to end up taking me down. So first thing I want to do is sprawl my legs back. Hips are heavy and I've got my shoelaces on the floor. If I put my toes on the ground from here, he'll continue to drive forward. Go ahead. He'll drive me all the way to a standing position and right back to where we start. So once I sprawl from here, if I keep my shoelaces on the ground, drive forward, then I'll just end up sliding. I might tear all the skin off the top of my feet, but I won't get taken down. That's what's really important. So again, we end up here like this. Okay. What I want to start doing is reaching under that head, grabbing through to the tricep and blocking his wrist. I pop up off my knees to get my weight on top of them. Start moving to my side turtle position until I impede my movement with these grips. I let go of the grips. When I get to the side, bring my elbow over the hip and I sit on this little angle that's created with his hip down to his knee. So my inside knees off the ground. If he tries to turn towards me here, I'll start cross-facing him and reaching through to that shoulder. So I'm just making that blade coming across the face and the nose and making a grip on the material or the shoulder here like this. Again, from another angle, he's going to shoot that double leg, sprawling my hips to the floor. Once we get here, I can start blocking that tricep reaching through using my wrist to curl and control it. Other hand is blocking the wrist. I'm popping up off my knees, circle, circle, circle until I impede my movement. Then I start to let go, hanging on this hip right here. There's a little slope. If his knees are together here, that slope won't be there, but also it's super easy to push him over onto his back, right? So generally they'll have those knees apart, which gives me a nice chair to sit on. My inside knee is slightly off the ground, controlling that shoulder on the other side. If he tries to turn towards me here, go ahead. I can cross face him, make him look away.