

Metadata: <https://www.youtube.com/watch?v=G0k1yn8YcJo>

Okay guys, so here we're on the mount, getting the momentum to go for the ommba. You know, it's very hard to take step by step and work. You gotta make, like I said, the same thing on the same position when I get the throw by, I gotta create the momentum, I gotta create the time to move, make the opponent move where I want. So whenever I'm here on the mount position, that's a very good position here. With the ommba, we did this, like a friend of mine, my oldest teammate, Milton Veneta, we did like a week of the ommba, a week of the ommba, and he bring it up, Paulo Filho, he was one of the best ommba guys we used to train together, Carson Gracie at the Universal Athletic Club. So we're talking about, especially MMA, both guys had a good influence on what I did. When I'm here, I'm punching, okay? The guys try to move away because nobody likes to get hit, so most of the time they try to reach and try to do the uppercut going to the outside. So when I'm here, when he goes, he starts to go, look, I step, slide my shin behind the head, control, same position with the arm, okay? Go back here, look, so I'm in the mount, okay? Position, MMA, this is like, posture, boom, I use my body, I gotta make the position, he's trying to escape, he goes, post, a little bit further, this time I don't have the option to go close to the hip, I gotta go post further, he slide my shin over the head, look, I'm hooking back of the head, my arm goes in to the hip, control, I can finish it here, or I can make him roll, come over, pass the leg over, gotta finish it here. Now, you look at me, or you're working, we're doing just no gi, guys in front of you, just doing the no gi. So in submission wrestling, how do I make him turn, you know? I'm not just here, so I'm here, I'm low, I'm gonna start working, transitioning, try to control, bring the arm, position, I can try to go for the Americana here, the key lock, most of the time they try to start coming with the arm to defend, they try to push, yes, those are momentos that I want to create to make him move. So I can come frame, he move, reframe the arm, try to go under, try to go here, he try to push, can go up, down, frame, use my shoulder, just make him have rest, turn him towards the side, so if the arm is there, the arm exposed, I turn, flip, hand here, or a little further, slide behind the neck, look at the hook, shin, turn him, control, can get the tap here, can make him flip, over, keep turning my hip towards his hip, it's very important, that's over, get the finish.