

Metadata: <https://www.youtube.com/watch?v=1EMxeg7UMew>

Let's go to the second technique, okay? I'm here, right, lasso door, pull. First thing I have to do here is control the gi, okay? I'm not going to be able to move a lot here, so if you find the gi, just grab it, okay? You can grab on the belt too, but on this situation I like to grab on the gi. Pull, one, two, okay? Now, if he's extending his leg like this, it's a little bit different, okay? But now he's going to bend, right? And look what I'm going to do here. I'm going to keep controlling the pants, controlling the collar, and now I'm starting to put my weight on the leg, my weight on the shin. I use my shoulder here and I start to walk to the side, okay? After I get on the side here, I'm going to lift my elbow just to create a little space and I'm going to bring my head in, okay? After this, I'm going to the knee cut. One, two, and now I'm going to switch this pants grip to the collar, okay? After I get here, I'm going to start to pull him towards me, control, open his elbow, and get the passcord. One more time. To the other side now. Remember, find the gi, pull, grab on the pants. You can push now or you can turn like this, turn in, and now look, I put my weight on his leg. If I stay here too close, he's not going to feel the pressure here, so I have to get a little far from him, okay? Put your weight, now start to turn, lift, and bring your head in, okay? Now I go to the knee cut. Also, you can go like this too if you want, double knee cut, okay? Slide, slide, slide, and push his hip to the other side. Now is when you get on the side control. Don't let him have this. Of course, if he has it like this, you go to the wrist lock, but it's better you have the control of the passcord, so open his elbow and get the control here. For more information, visit www.FEMA.gov