

Metadata: <https://www.youtube.com/watch?v=E48mM4NYetc>

just so everyone's on the same page in terms of mechanics for the triangle. First thing I'm going to do is I'm going to pull up, and I want to actually use my thumb here. I don't want to be just on the top of his forearms. I want to use my thumb underneath his wrist, wrap his arm. I'm going to pull up. When he pulls that arm back, I stuff it into his chest. I put my foot on his hip, which allows me to elevate, shoot my hip up and my leg, clamp down, and then I can triangle my legs right here. So that hip elevation is extremely important. Otherwise, when he pulls back, I stuff this back in. I'm going to come up short, okay? My knee is not going to be, it's going to be below his neck, and that's not where I want to be. I want to be able to put my foot on his hip, elevate, get my knee behind his neck, and then I can shoot this arm across and close. Okay, so that's the first step. Make him react. He will pull it back in, push it into his chest, and then release. As soon as your leg comes up, you can release that hand and then come into the triangle choke, okay? So let's start with that setup, and we'll go from there. Go back. That's tight. Yeah, that's pretty tight.