

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

Another transition we have to talk about sitting turtle to running man yes so what happens in sitting turtle the DVD is out yeah so so people pressure and there's also you know you deal with that and they pull you also they pull you back and we dealt with that and then this happens and again I can make that very good joke well you can't really go like this like this and then you fall and then you give them everything and then you complain to it so it's hard yeah so one of the things you can do that kind of fits to that section of the information we're given is you fall it's kind of hard to always pull it back because they're never on my back always never kind of and I guided to the circle orbit so if they pull it's already I can twist and then I land running yeah so so and then also I guess if you have more reactions if they pull more you know then you can pump then you can go here you can go right away to the guard you can stay in turtle so I find that usually people don't start to pull right away usually they pressure because they don't understand what the city turtle is and they think it's like very open and they start to you know put hooks and stuff but later it has to be a push-pull so they saw the push and they saw the pull but yeah like they're never behind so it's super weird to fall just like this you really have to be tired and you know caught by surprise or something because if you little bit guide it's it's really you create an orbit and then it's just about how much you can create that 30 foot force so if the pool you just spring and get a turtle go to turtle maybe just a guard right away or a running man so one more time and definitely what you what you cannot do even if you fall running man because they're gonna pull and they're gonna look for a really fast seat belts yeah so try to pull go in seatbelts go pump and if this is super bad yeah so and those are really really like small mistakes so if they pull it again go and then you know I can land here like walking I can go here but right away I know what I have to do so usually so those are the transitions and sometimes recent some transitions I can be more ready for this sometimes comes as a shock but and you have to be more ready and have to be trained for that and so you don't freak out because usually people like pull your intention is to balance and right away you kind of you know pull your pull your elbows out usually like a wrestling you want to go under hook you snap the head people just go boom and then you have under hook that's one of the setups wrestlers use so definitely have to be trained that you fall and everything is tight and also have to know that when they get a seatbelt what then happens you know so so we don't want to talk about this too much but first it's like defending and also it happens you be ready also to pummel I think and if they pull go and if they get this I'm just maybe pummeling getting this getting in if they stay on my hips maybe go back up right away but yeah running man should be there so definitely train it and if you do it to somebody else also like if you see somebody smaller so be nice but definitely it's a transition you should have to have so so and that system what we're promoting gives you right away the good answer so you