

Metadata: <https://www.youtube.com/watch?v=yqQLHzhTqo8>

So now I'm going to show you an old school arm bar that I do on people that are really affected This is probably literally I think the first move I ever learned in jujitsu I even bypassed the americana and went right to this move on the day that class happened when I started And i've never forgotten it and it's pretty easy to do Uh, it looks like you could get rolled. But the problem is that guy's weight My weight is on him. He's going to have a hard time getting out of this. So Here's what it looks like. I'm just going to go through this and do it. I'm under here Look, I catch this that's fantastic. I grab his elbow. I sit out into the side putting my knees together Coming up putting all that weight on him. I put my hand here He puts he does something like that that lets me get him. This goes over prison rules Straighten this out. I can go here. He turns his thumb down. I could grab this and get him here This time this dude is so strong that anytime I get bucked up and I can't even I let's say I miss this where I can't I I can't choke him at all. He bucks up. It is no problem look My his arm is in between my knees if I just stay on my knees right now And I don't go back to the case to get the the case to get tommy I'm still gonna get this guy because i've got it I've got his arm and i've got that sucker tied in there and it's really hard to pull out of here So when that happens and I came up, I always want to keep this here My knees on either side of his arm, I want to keep that so he can't get that sucker out of here Now when i'm right here All i'm going to do is like a step over his stomach step over his face and I bust his arm with an inverted arm bar one more time I'm going to do it this way though Just so that they can see it pretend like my forehead is on the ground And i've got my legs over because I want to show you real quick what i'm doing with my arms So i'm using the phone right here With his hand, right? I need to pinch that sucker in here I need to find where he has the bend of his arm where I find he has the bend I want to take it and that's where i'm applying pressure Right here. I guess at the funny bone if you will There's nothing funny about it. It really hurts when you feel that that's where I want to attack that thing What i'm doing is i'm I take my shoulder and I give it the spike or the nail right here, right? And I push this way. There's another thing I push with my shoulder this way as I gable grip my hands And I pull it this way you guys know what i'm talking about if I were right here and I catch this So i'm pushing I go push and I pull this thing in to make him tap and i'm just pushing here and elongating this But what i'm doing is i'm doing it from the ground. All right, so my forehead is on the ground I'm keeping my shoulder in and then i'm all i'm doing is pulling that On the back of his arm towards my stomach And that's how i'm going to get this guy. It's not this i'm not taking my hands this way I'm going here with the gable grip and i'm using my wrist on the back of his elbow to catch him. So I have this here. I sat out to the side Right here get him. I push this in prison rules straighten this out. He bucks up super hard missed it Heck man, i'm right here. Look I land no problem. I will instantly do this. I go here. I straighten this arm out I climb over Put my knee on the ground. I want to go over his face. Now. I don't need to put any weight on him I'm gonna put my hand here real quick Excuse me here. I'm not doing this on his neck. I'm literally Coming over And putting my knee on the ground. Can you feel any pressure on your face at all? That's hurting you It's just two points that are keeping him down now i'm not on my hand right here but i'm doing this for demonstration purposes This leg comes over All right, and i'm right here. So I have this in between my knees He bucked me up instantly when I hit I just go. Thank you very much I start moving straightening this arm out. I come over the knee or my knee comes over his chest Put my forehead on the ground two knees. My legs are over the top I push with my shoulder As I pull my arms right to him And there's space under here That this is pulling to my chest And it breaks his arm I'm gonna go on this side with my back to the camera, please. Excuse me So this is here I have I have this right here He bucked me up. So I was here and he went boom right up I immediately come over the stomach over his face If I can make him look toward me, that'd be great My shoulder puts pressure and I pull this look at my what my feet do they come down and hold him I'm putting pressure there. Can you escape from that? No, sir. Yeah, he can't even turn and by the time By the

time he does make his escape He's got to watch out because that arm is getting hyper extended right here. So look my wrist goes down As this comes up And that's what's doing it on him Kind of a weird funky move, but you'll get a guy instantly with that. So one more time This arm is in between my legs. Anytime. You can do that. You can do this move. No problem you can probably even do it without it, but I don't want him To be able to push me This is here I have this right here. So I go wow. Okay. Thank you. I can use my hand to help me I step over I step over put that shoulder right into it like i'm using the phone Gable grip my arms. Give it a pull And I win with that straight arm bar And that guy's gonna go what the heck? Did you just do to me?