

Metadata: <https://www.youtube.com/watch?v=SdvGy3jyvYI>

I know it's an unusual feeling to put all of your weight on your partner. You might feel a little, you know, sheepish about it, but they can take it. They can take all your weight. You're not going to hurt them. It's good for you. It's good for you. Um, so this is looking pretty good. Palm on the hip, pushing down on the knee. Some, some people are really getting into that angle. Okay. I go to the side, I drop my knee, push this leg past. Next step. I really want everybody, uh, framing our partner nicely. So I want to bring my right knee in and then I want to get my right elbow at his hip as well. So I can feel whatever his hip is going to do. I'm framing that in, I'm locking it in, caging it in. Okay. Then come underneath the head, palm over palm, no thumbs. And this is known as a gable grip, okay. Palm over palm. Then I get my other knee at his shoulder and I'm completely perpendicular to him and holding him in position. As we come up, I push past my knees at his hip, my elbows at his hip. I get head control, palm to palm, bring that other knee up to his shoulder. And now I know exactly where he's going to go. Now we're going to add one step to this. Okay. Now I have control, but I would like a little bit more mobility. So hands go out. I press up and we're going to a very important position for today. This is known as knee on belly position. Okay. So my shin goes across his belt line. My leg goes out at a 45 degree angle. It can float anywhere from the top of his head back to that line with his belt. Okay. This entire angular sweep, wherever you end up is okay with this leg, but you want the sole of the foot on the ground and the knee slightly bent. So again, we're here, side control, hands go out. I go knee on belly position, leg extends slightly, and then I can hold onto my partner here, creating a little bit more pressure. I can also put my palms on his shoulders or more self-defense. I put my palms on his wrist and he's unable to do anything and I've safely pinned him. Okay. So one last time, I'm going to pass his guard. I'm going to secure palm over palm, knees to shoulder and hip. I open up, go to knee on belly position. And for right now, let's just push his wrist back into him so that we're completely safe. All right. With your partners.