

Metadata: https://www.youtube.com/watch?v=D0p2Ylj_sPw

So let's talk about what actually controls our partner or our partner's back. Many people think that what controls your partner, other than your hooks obviously, are your hands. What controls my partner isn't my hands. I can have my hands locked, my partner can still easily escape. What controls my partner is my elbow positioning. If my elbows are wide like so, and we fall to a given side, it's pretty easy for my partner to just take a cue on one, and my hand comes up and over, and now she's free. It's very important that I need to both have good control of my hooks, I can't just have lazy hooks like so, or obviously a lot of times it's better, and I can't have lazy elbows, I can't let her dominate the space between my two elbows. If my hooks, number one, are lazy, and she can just step over my hooks, so I can clear my leg, this is no good. I just have to make sure that I have both a strong back heel, with my two heels like so, and a pinch, just tension running through my knees, I'm obviously exhausting my leg, you can't just squeeze your partner as hard as you can from here for minutes at a time, but I always want tension running through my two legs, so if my partner goes to step over my hooks, it's more difficult than it would be if I was just completely relaxed. And I need to have good elbow positioning to make sure that my partner can't just clear an elbow up and over the head, for example, and go into all of her escapes. Even without having locked hands, when my partner goes to move around from here, just having the elbows to control my partner's shoulders makes it very difficult for her to move around. If my hands are locked, but there's no tension running through the elbows, my partner can scoot down easily away from me, she can do all kinds of things to escape. When I have tension running through the elbows, I take my two elbows together, even without locked hands, when she goes to scoot down away from me and move away, she can only get so far. I can always control my partner from here. So it's very important that we dominate the space between our elbows. The closer that space is, the harder it will be for my partner to escape. The wider the space is, the easier it will be. So I always make sure, obviously, in most cases, you're going to have your hands locked. When your partner goes to move away from you, it's not just the lock of the hands. It's the pinching and closing of the elbows, so that when your partner goes to move around from here, even when you don't have hooks in, when she goes to move around away from you, if you feel like you're going to lose your partner's back and have good control of the elbows, so now your partner can't as easily escape, and we can start to go into either our finishes or recoveries where our partner is trying to make an escape out of it.