

Metadata: [https://www.youtube.com/watch?v=2K\\_-uRQQi-I](https://www.youtube.com/watch?v=2K_-uRQQi-I)

so this time we are a little bit more aware of that. The previous one was when he re-trapped my arm and he threw me there so I had to do a little bit of chest adjustment so I could maintain the back but this time as soon as I see that he's going to be trapping my arm and he's trying to go for it I'm just going to do a quick jump to the other side. It's kind of he's getting ready to go and I'm gonna be already waiting for him on the other side so he's gonna fall into my trap let's say like that. Instead of me falling to his trap the things are gonna get twisted now. So once I'm here he's gonna trap my arm there and as soon as I see this happening he's already in a vulnerable position here so what I'm gonna do I'm not gonna wait for him to roll me on the other side like I said before. Now I'm a little bit more aware of the thing so as soon as I see this happening I'm just gonna jump and pull him to the other side and I always try to have my ear on here. I always try to be careful with my head above his head or below his head. I always want to get very close and once I do this jump one of the most important things here is about his hips. So once I go there my goal is to have my knees right here. Look at this. So I'm gonna be here as soon as I see this happening see I'm not gonna even wait for him to go there. I'm just gonna jump and once I jump I don't jump like this and now his hips gonna come on top of my belly here. I'm gonna lose the back okay. So this is a very very common mistake that people do. So once I'm here then he's gonna trap that's when he traps my arm here. I'm just gonna jump and look I go like a backpack here on him and this momentum is gonna bring him to me like this okay. Sometimes I'm gonna fall on the side here I'm not gonna even have my hooks yet but as he's on top of my leg it's a little easier to just circle hooks in see. So sometimes I don't even have people's um I don't have I don't even have hooks on people's back yet. So from here you can start working on some submission that we're gonna see later as well like a a clock choke okay. Even if I don't have the the back there if I don't have the hooks but just so you know having the legs around is not just good for uh to keep him here but to also help me score okay. Because if he was more on top of my knee now it's way harder to start bringing my leg inside see but as I'm having him very close to my groins there not just to my knee but to my groins now it's way easier to start circling legs in okay. So it's I'm gonna do on this side here now it's a little similar to the other one but why avoid um why letting people be crushing you there if you can use their momentum against themselves okay. So we're gonna be here as soon as I see he trapped look I start bringing him to the other side I put one hook in and now look my leg my thigh my inner thigh is right there on his uh rib okay. I'm gonna be here then if I want to put my hook there I can step close the body triangle here I could just maintain him in this position okay. So this is a very very basic and uh sleek back take there uh from from the other position.