

leg. Now one of the greatest setups for any double leg is always an arm drag. This works equally well both gi and no gi, but the gi setup requires some knowledge of the grip fighting game as we saw it earlier in this video. So from right versus right my opponent comes out and makes grips. We're going to do what we always do. Sleeve cuff, just in like so. We play the standing game. From this position we snap the grip off. We come in and get an angle. He goes to square up. I come in. I hit that drag position. As I drag my opponent's weight gets taken forward. He goes to square position and we lock up and go right into the legs for a quick finish. Okay so I can't be naive and use a wrestling setup to an arm drag in a gi situation. The gi changes everything. Okay so we lock up just like so. From here we move, move, snap the grip off. I fight for my angle. He goes to square up in defense and now we're in perfect position to drag the arm on by and lock. Now second leg comes around and we're in perfect position to put that man down to the floor. So once again arm drag right versus right situation. From here I focus on my first grip. I snap the grip off, run to my angle and we go straight in on the legs. Very very effective way of sitting up your double leg on rotegari from the gi situation. Right versus right.