

Metadata: <https://www.youtube.com/watch?v=jmWkHxt9eyU>

what's up guys so uh going into the next level of the slam right um if our opponent how they stand up they can stand up sitting back and then go one at a time right we really don't want to wait that long um or a really easy way to stand up as this person is to bring your head over your knees and then just pop up to your feet it's a really dangerous one because the person can slam you okay so when we're here what we're gonna work on is as my opponent jumps up to both feet underhooking the leg letting go of the buggy and as he goes to stand up really making him stand up hard and just pulling ourselves under an x guard super easy um if you guys have done x guard before so you guys can connect it however you guys want i like to really get my um shoulder connected to his shin i like to really extend and then pull back to really control his leg and then get up to sweep right into twister side control and controlling my partner okay so as he stands up so yeah but that that can happen too so even if i'm about to lock it up and he's standing up i'm just trying to keep this posture control his leg and then pull him to me so i like to pull this all the way and kind of off balance him this way okay and then sweep him back this way okay if you guys are having trouble with the sweep and it's not working too well keep control of this underhook keep control of the far side leg use your left hand spiral this leg through as we fall into this um leg configuration right here with my right leg all the way to the outside and i'm keeping this underhook on the leg so i can keep his leg bent i'm looking to bring my left arm all the way around his toes and i'm laying all my weight down this way right so many people finish shield box like this okay how you're going to scare somebody and how you're going to really snap somebody's leg is by hitting a nice elbow strike on the top of their foot and then laying your weight there like one hand okay from here all i need to do is break into his knee and he's gonna tap right so this rotational finish is not what we're focused on we're focused on as i as i control the leg i can go right for a knee bar right here but exactly as i go for the knee bar he's gonna rotate i get up and i'm not focused on this guys i'm focused on putting my elbow tight to my hip look how my hips are off the ground i'm not like laying lazy right there do that finish okay so as i'm looking for this i'm gonna pull myself through and i'm right here okay we can go immediately into leg entry from here but i would suggest sweeping into bringing this leg up rotating this through we can't keep control of the leg right here this knee bar is super relevant for sure especially if i can start shoving this behind but i like to mostly control here as he starts to rotate out i like to either leave my foot on the outside here or bring my foot to the inside right here and kind of open up my knee as i'm sitting up elbow strength the top side of his foot my chest like i'm like lifting my hips engaging i can lock right here but focus on just keeping this tight right here and just some quick safety mechanics for your heel over here don't blast your partner's knee how about that right don't break your toys and when i'm here i can feel the tension in his knee right now so i'm not just gonna like bridge through right if it's without him right here the full break is going to be covering like this engaging my hips and bringing my hips all the way through so please practice being safe because it's a super dangerous move but leg locks really work so try it out