

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

Now what we're going to do is we're going to go over how to defend a single leg, right? So what happens here is he has his right leg forward, I have my left leg forward. He's going to shoot for a single leg on my leg, right? He's off the ground right now. He touched first, that's fine, but he's standing up right now. First thing is like I start pushing his head like off me, yeah, and then from here I can get my overhook in and then I can wrap his neck. He can sit me, yeah, that's always possible right now. I'm, that's always possible. When you see the leg that's caught, I'm going to get it outside and then all I'm going to do now is I'm going to kick down and pull up, boom, and I'm just going to hit him right there. Once I break the grip and I hit it, I can also jump and pull guard. I've already covered jumping and pulling guards at that point. It's unnecessary for me to show it. You can do it, but let's change sides. So and get the single leg. Let's say you grab my lips. Yeah, there we go right here. I need to balance my weight. I can put my hands on the shoulders. I can even hold his head with my elbows here. Yeah, right now we're here. I'm holding, I'm pushing the head away. Boom, I wrapped his head. Now I go over the overhook arm. I get my pretzel grip. I get the leg out, pull up with the arms deep down. Boom, here, hit in. I can even go reach the neck down, move the head over. Boom, I can even rush him up to the wall, right? One, two, get me on here. So.