

Metadata: <https://www.youtube.com/watch?v=2YCvFt6kTuk>

All right, so we're back with the foot crunch again. So before you saw it, we used it with the Butterfly Killer and now we're actually going to use it off of knee on belly when your opponent goes knee on belly. It's a perfect opportunity to look for a reversal here and actually look for the foot crunch. So he goes knee on belly on me here. Again guys, what I like to do here is again you got to frame a little bit to kind of get you moving somewhat, right? So the outside hand here, I'm looking to grip on the heel. Now from here, I'm going to start scooping in and moving my body. As I move my body, I'm looking to reach underneath his heel and I'm going to come up on my elbow here and I'm actually going to turn into him. So it's here, up and over. So we're back into the exact same position to begin with as we were from the Butterfly. So from here, exact same motion. Again guys, make sure when you hit this, you put a lot of pressure on the knee. I want to really stabilize all of this, making sure that he's not able to move, not able to come out. So from here, again, things you got to look for. Crucifix position, then grabbing your arm, things like that. So what do we do? Put our head down, almost nose to the heel here. I'm going to do my switch up and over, over the top again, here and push. Same exact thing, same position, if he pulls on the arm, I'm going from here. When I get here, I just make my walk out and I pull, okay? So we're back knee on belly again. So sometimes things can be kind of difficult to get up and get, but just think about your body rolling towards them. If you stabilize the leg and you roll towards them, it's going to be kind of a quick movement that you got to go with here. But again, so I look to frame here, control the heel. Then I'll start turning into him here. As I go to here, I'm looking to scoop right underneath the ankle, all right? So even if you really put some pressure on here, it's fine. The more pressure he puts, actually the easier this is. So he's really pushing down here. This actually makes it easier for me because I look to pull this heel in. You can see he's kind of off balance right now. Then I'll make, I'll use this kind of catapult myself up my leg, up, over, here. Again, pulling up the foot right up to my nose. Again, don't leave your arm down like this, right? Because this is exactly what's going to happen and that's not something we want to get into. So again, pull it up to you here, put your head down on it. We make our switch, step over, right to the end of the toes again, right? So guys, the grip on the toes is so important. You know, we're not looking to toe hold him here. I go right over the top. My thumb goes to his big toe and I almost match my fingers up to what his toes are. Then all I do is I transfer out, then I get on top. And again, we're just pushing the toes basically down, right there. Okay, let's go this angle here. You can put it down on top, okay. So knee on belly here, right? So like if they're pushing here on your chest, you might have to kind of work yourself. But the first thing I automatically do, even if I'm laying completely flat here, not on my side, so I'm looking to control this heel here, okay? Then I'm going to have to make my way up. Again, you know, we have to kind of use our legs sometimes to do that. So sometimes, you know, when I make my turn and I get into here, obviously I'm going to have a hard time coming up from here. So I'm using this leg here to kind of propel myself up. Then I get up on this elbow and I'm just going to make a turn up and then turn to here. Again, a lot of pressure on the knee. Now, we're going to make our switch, right? But before I make this switch, I like to get on the toes. We're just matching them up. Thumb here, almost each one of them just gripping in here. Then I'll make my transfer over the top, flare the elbow, push.