

Metadata: <https://www.youtube.com/watch?v=2LVB6oYtTgw>

Let's look at another way that we can take advantage of your opponent posting on that arm. This time we'll go right into an attack, right into an arm bar. So once again, ball fellows in my guard, I do my rock and roll, he posts, now what's different about this, I'm going to take his grip and I'm going to anchor on his back. As I do, I'm going to reach over right away, hook this rock, and slide my chin behind his back. Notice how I'm posting on my forehead, from here I'm going to push on his neck, roll, notice I still have his grip, and immediately come over and I'm in the arm bar. The reason why I like to hold this, is because at this point in the transition, he can block my leg, get back in my guard line, so that's why I like to keep a hold on that sleeve, blocking him, plus, as I throw my leg in, I can compress the background and make it tighter. Here, slide this shin over, post on the forehead, roll, and right into the arm bar. Nice, tight arm bar, taking advantage of the posting on that free arm. Nice, tight arm bar, taking advantage of the posting on that free arm.