

Metadata: https://www.youtube.com/watch?v=_xRjTmbPsXI

Okay guys we're gonna do a back flip from the turtle guard. Okay so the main timing I'm looking for for this one is for like his sprawl whenever he's sprawled or whenever I sprawled out. So I'm here right and I see his he's turtled up well okay so right here I'm gonna switch my hips put my shoulder on his on his back and then I'm gonna jump over the back okay and if you wanted to from here you could full-blown okay so I'm just here sprawled out I'm gonna switch my hips like I'm circling to north-south I'm gonna go upside down for a second and then launch myself backwards over his back okay here well now I put my shoulder on top of his shoulder right now I'm right here I'm gonna switch my feet so my back is on top of his back and I'm gonna spring off my feet and then in the back okay another angle I'm sprawled out here I'm gonna pivot turn upside down and I'm walking around almost like I'm I can just go here from the back okay upside down I'm gonna spring and get a little extra jump on it right he's here I sprawled out I'm gonna start to switch my hip my back putting weight on him and then right now I'm gonna start to pivot and then I'm gonna okay