

Metadata: <https://www.youtube.com/watch?v=KxbfHDw3L8Q>

I'm going to show you how to defend the single leg. So Colt's going to snatch the single leg. As soon as he does, I'm circling my foot to the outside of his hip and I'm using both of my hands to push his head away. The further his head away is from the grip, the harder it is for him to control my leg from here. So make it difficult for him. Then my outside hand is going to remain in control of his head while my other hand comes under the armpit and makes a figure four. From here, I start putting my head to replace this hand on the outside. Then I'm going to start grabbing both of his elbows, pulling them towards me and stomping my foot to the ground behind me. So again, two on one, make my figure four, replace it, hold the elbows as I stomp. Let's try it again. Okay, so again, creating that space, making my figure four, my head will replace my hand. I'll grab both of his elbows, pull them to me and stomp my foot behind me. Another angle, he snatches that single leg, pushing the head away, circling my foot to the outside. Now, inside hand comes under that armpit. As I make my figure four, I start to replace the control on the head with my forehead. As I pull his elbows to me, it weakens his grip. Make sure not to stomp your foot straight to the floor in front of him, but behind you so he doesn't re-snatch the leg. Now this is a great opportunity to re-snatch his leg for my own takedown, because when we finish here, a lot of times he's going to be trying to posture up. As he postures, it gives me a window to grab his leg. So again, he snatches, circle it, make your figure four and replace it. Stomp, from here he postures, I re-snatch his leg, step out, pull it up nice and high, pull him past my inside hip, hit my turn and trip takedown. Punch him in the belly. you