

Metadata: <https://www.youtube.com/watch?v=hRErxUvC7Qk>

All right the next problem we're going to deal with our opponent grabs our foot here which obviously like if he's just holding that foot it's hard to hold it tight it's hard to you know I can't get to a position where that's tucked up and I do the pistol squat to finish. Some people as well they try to like put the foot behind their head you've triangle your legs and they try to do like it's just push my foot towards the ground no no just top of my foot yeah they try to do like a toe hold like this which can work I guess possibly all right but we kind of want this position as well so if he grabs my foot I just kind of if you can curl your toes back and actually put it behind the head all right and then I'm going to try and grab that wrist all right we're going to be here all right and I'm going to reach up and I grab the sleeve or the wrist here okay if you get the sleeve if it's in the gi and you've got the sleeve pull that head that hand behind his head it's a terrible position on the arms you've got one arm here and the other hand being pulled behind the head don't roll with it because you can't so you're getting this pulled back with like an americana almost not not straight back but like pulled across this way so again he grabs my foot top of the foot here right try to put it like actually try to put it over the head quite quite deep it's good I think the toe holds probably a little stronger like here see it's just like my ankle caught next to his head even a bit deeper I think it's a bit harder for him to get keep keep hold of it though if he lets go like if it's loose like that I'll just take it out so really grab it yeah that's better okay now I go here potentially with my right hand okay so no gi would just be a wrist grip I've taken that off all right and I can keep working towards the implant just holding that makes the shoulder look much stronger too