

Metadata: https://www.youtube.com/watch?v=P_lhzv2obWo

Alright guys so we're gonna go over the inverted gogo clinch. My opponent is gonna go slightly forward again and I'm gonna be glued to his back with my hooks active. We already know, we already discussed why I don't cross my feet because what I do is gonna break my ankles, my feet. So we don't want that to happen right? So I keep my hooks active on the inside of his thigh and I have a seat belt. The side that's go under is gonna be the side I'm gonna fall onto right? So this one's under, the left one's under, the right one's on top. I can hold like this, I can hold like this, it doesn't matter. I prefer to hold the side that's under over the side that's over. For me I'm gonna fall on my side and now I'm gonna release this right hook I have onto the hip. I put this on the hip and not on the floor because I want to keep pressure onto him and when I push off to hip escape, I push off of his hip. So not off the floor but off of his hip. I push, I make a hip escape and with the sharp part of my wrist, this bone area, I'm gonna be on the neck, the side of his neck, the cardi artery and I'm gonna push it there and for me I'm gonna put my foot over and now I'm gonna pull towards myself and push off to the other side. So what I do, you're gonna see something like this. So one more time, I'm glued on his back, seat belt position meaning one is under, one is over. I'm like a seat belt around his sides or around his neck or around his back like that. I'm here, both hooks are active. I'm gonna fall to the side and with the sharp part I'm gonna put to the neck, the sharp part of my wrist, meaning the ball here. I'm gonna be on the side of the neck. I'm gonna put my foot on the hip, hip escape so I'll be able to make this step over because if I don't, I'm not that super flexible so I can't push it over but when I hip escape and go, it's easier for me to get it there. From here, I'm gonna push with my shin and with my arms, I'm gonna pull it towards myself. So from here, it's gonna look like this. All right. So this was the inverted goggle. you