

Metadata: <https://www.youtube.com/watch?v=tGDfhzHj7z8>

Okay, we're going to see one more option here, when he's behind my opponent and I want to put him back to the mat because it's very hard to attack my opponent if he's standing up, so I have to put him down so I can start working my back takes and my submissions. So first thing here, we're going to control my opponent's waist. So for here, first thing, every time that you're going to lift your opponent, you got to squat, you got to change your level first. If you don't change your level, you're not going to be able to lift up your opponent. Okay, so I'm going to be here and I'm going to lift him up, I'm going to be here, change my level, lifting him up and as soon as I lift him up, I'm going to sweep the grip and tap his shoulders. So I'm going to do this move, got to be like a very fast move. As soon as I lift him up, I'm going to let it go. I'm going to connect my hands and tap on his shoulder and start walking backwards. I'm going to do this move. One, two, and then now I'm ready to attack his back. Okay, one more time. The knee, when I tap his shoulder, got to be in the right moment. I cannot lift him up, let me touch the floor and now try to tap. Okay, so as soon as I lift him up, I got to tap his shoulder in the air. And then now I'm ready here on his back. you