

Metadata: <https://www.youtube.com/watch?v=wKx2hj-7W9E>

All right, pirate ship to head and arm, okay? You guys can get to this position in a bunch of different ways. You can even get to it from under, kind of over, but from this position, I'm gonna show you particularly from the pirate ship. All right? So we start, again, we're starting in our stance, whether I'm talking like this. You can even start it like this and Charles swung on me from here. Exactly. Double, single, whatever it is. Head goes in, watch what I do. I'm gonna do like, scoot this way. I'm gonna do like a duck under for wrestlers, like that, right? Extend his arm, duck under, okay? So instead of holding here and here and trying to go for his back, which I can, I'm actually gonna start head and arm here. Okay, so turn your body. Once I go here, I'm gonna lock up. Look, head and arm like this. I can start subbing him here or I can bring my leg over and I can trip him down. What's the big key here when I go to trip him down? Do I stay on my elbows? Do I do this? Do I trip him down like that and land on my elbows so I shatter my elbows? No, when we go here like that, I let go of my hands at that split second for his head to hit the back of the ground, not my elbows. Okay? If I forcefully fall in this position, his head and arm straight down out there, I'm gonna shatter my elbow, okay? Here, when I do it out there and I'm practicing it, I'm gonna bring him super close and then detach so his body takes the bump force, okay? So you guys can hit this from either side. It doesn't matter. I can even do it here. Here, elbow goes in the neck, elbow pit, okay? Here, head presses up tight. Here, I can even sub him here, okay? Tap, or back of the leg here, like so, and all I'm gonna do is kick and rip. Let go. All right?