

Metadata: <https://www.youtube.com/watch?v=NEi8k2w4umw>

With my left leg, a few different, like, let's look at two different mechanisms. There's going to be one more, which is using a lasso, which we'll cover in a moment, but to open the elbow, okay? So if I'm stepped, if my left foot stepped on the hip, but I've got the double sleeve control, then I tend to want to just get my knee inside the elbow. So keep your elbow tight. Kind of like what we did before, get my knee inside, I open that out, look, I've got access to attack, or potentially to break the grip as well, if needed, okay? If I've got my foot on the bicep, I don't necessarily want to, like, take that out, go here. Sometimes just doing a hip out, this is a very common spider guard movement, but straightening my right leg and curling my left, see that's opened his elbow out, okay? So, I mean, he probably can keep tight against this, but a lot of the time if you straighten and I pull like this, it's pulled his elbow out. This is my chance to kick through, right? And then what's the problem? If I could, I'd take it here, but it's going to be difficult, so I'm going to go out to the other side to hook the shoulder like this. This is where the curl and the stomp will work really well. Now there's one last thing to talk about with this is actually with both arms, I'm like curling them around, making it hard to posture, okay? So when I get this grip, it's not just pulled down next to my hip, I'm actually trying to wrap it, wrap the hand around my leg like this, so even without my, I'm not going to use anything else, but without that, if Jacob goes to posture up, there's like some resistance to that, okay? So with my movement, as I kick through, I'm trying to do that, okay? The same thing is actually happening on the other side. So if you look at my right arm, I'll pull his hand under my butt and I curl my foot like this, okay? So if Jacob goes to posture up, he can't really stand tall. See how that's fighting that? If my hand's on the outside here, so like here, posture up now, it can tend to lift. Even if I stomp, posture up, he's like lifting me, but by putting my hand under my butt and being heavy, it's a lot tighter, okay? And I feel very stuck with his grip, he can't circle out of that grip. So as I kick in and enter, I'm folding these hands like this, and the other side, front on is probably good to see actually, like this, okay? So posture up, even without my legs doing much, he should be very stuck here, but of course, I'm gonna use our legs to tighten that.