

Metadata: <https://www.youtube.com/watch?v=2qtXlfoHqcw>

All right guys, welcome to the drill. So in this lesson guys, I like to call a fight simulation drill. So, Duke is going to resist like 20 to 30% and now I have technique one, two, and three. I don't know which one he's going to give me, so I had a few. So don't use strength, try to relax, try to release your arms, okay? And use your body. So, one trick that I use to be able to move my legs well is to use my weight forward. If my weight is back on my knee, my leg is stuck. Once I drive my weight on him, my leg is free. So, right here. So one example guys, when I have friend number one, I don't want to be driving forward. If I drive forward, I will give his strength to his legs. So I want to go back. Friend number one is like, open guard, close guard, you want your weight back. Once you have friend number two or number three, you want the weight forward because right here, you want to move the hip out to replace the guy. And also, another benefit that I get by driving my weight forward in the friend number two and three is I will be able to move my leg. So right now, Duke can choose like any technique. So one example, number one technique, we work on this. You don't hook my leg, I just trap him, move my knee. Okay, that's number two. He trap my leg, my bottom leg. If I try to kick, drop the heel. Number three, as soon as I pass the guy that I hit, he's going to be following me. So I deal with that, trap the leg, knee. Okay, so you can resist like 20 to 30% and try to flow. Don't hold your breath, okay? Don't use strength in your arms. So right here, once I make a grip on my opponent's collar, I don't want to be like squeezing and then pulling. I want to use my body. Remember, big muscles against small muscles. Jiu-jitsu was created for the weak person to be able to beat the strong person. So use this concept to any technique. If you have one arm holding and he has two to push, you have to use your whole body against the arm. Okay, so right here, look at control. Look, in this situation, I'm using my whole body. Doesn't matter if he has two arms. Now I have my arm towards my whole body. So I'm going to win. Your control. Look, he trapped my leg, dropped the heel. I'm passing the guy. Boom, he followed my heel. And this ends up in one. All right, thank you very much, you guys. And I hope to see you guys in the next lesson. Peace.