

Metadata: <https://www.youtube.com/watch?v=CNHcxDTU62Y>

So this next particular technique is a rolling kimura. It's a very dynamic technique. It's kind of counterintuitive. Generally, when we learn to do a somersault, we're rolling over the same side shoulder as the leg that I have forward like this. We all know that we just do a forward somersault like so, but for this particular technique, I'm gonna be rolling over the opposite side shoulder. I'm gonna grip the wrist like so. The best thing that I could recommend to you for practicing this is simply just practicing that roll that you've just seen over and over. You don't even need a partner. It's good to get it into your muscle memory so that your body gets used to it. So my opponent is in a seated open guard right here. In order to get him pressuring into me so that I can get the space that we all know I need to lock up the kimura, I'm gonna use the thumb post right here, pushing him back. As I feel him pushing back into me, I'm gonna roll, lock up the kimura like this. I know I'll be different here. This particular kimura position, if he starts to get up, he'll slide that shin in, keep his hand glued to his chest, throw in my second hook, excuse me, my top hook, flare with my kimura, throw in my second hook and crystal ball his head right here into back control. My opponent's in an open seated guard. I'm gonna thumb post on him, pushing him back as I feel him come back into me, I'm gonna roll, locking up the kimura like so. I get perpendicular. From here, depending on his reaction, I can do all sorts of things. I can post on the head, and come over to kimura side control. I can step over the head and come into my north-south kimura and go into all sorts of different submissions from the head to the head. North-south kimura, you can go into all sorts of different submissions from here, arm locks, back takes, et cetera. He's in a seated open guard, I'm matching head level with him, thumb post on him, pushing him back, he comes forward, lock open, and lock up my kimura. Get perpendicular with him, depending on what he does, if he starts to roll and get up to his base, slide that knee in, keeping his elbow flared and off the ground, keeping his hand glued to his chest, I throw my top hook here, using my frame of my arm and my hook, I roll him back over to our opposite hip, crystal ball the head, and I'm into back control like so.