

Metadata: <https://www.youtube.com/watch?v=6nYLTyHseXg>

Alright, we're going to finish this instructional up with a couple cool moves. You know, a little flashy, but you know, I've seen guys apply different techniques, you know, and then you don't want, don't sleep on a donkey guard, you know, Jeff will get a kick out of that one, but you know, Vincent has a cool application, you know, a lot of guys, you know, really don't know how to react towards that system that Jeff has created, but we've got a couple cool things that we add, you know, on the cradle to it and do from there. So, do you want to start with the Imanari roll first? Alright, so, again, you know, just kind of traditional, you know, jiu-jitsu kid wants Imanari, sit me down easy, so, this is a little different, man, you know, it's just sit inside, he's already sliced the shit out of my leg already, you know, and my leg is compromised, you want to follow with a jack knife, go for it, Vince, and you catch, but you see how this is still active where you can pull, and then this kind of pressure he'll want to slide or push away, where you can squeeze or get the tap, if he doesn't, you let this go, and when you do, look, you can come around, and you want to trap the toe, you see how I do this, like, pinch, I want to make sure I trap it, and then this is where you can hook the foot or the heel, and then go, hey, yeah, yeah, be cool, pull it to your chest, suck it to your chest, yeah, and then look, you can just literally do it with one hand, but it's because I'm folding this, and you can see the toe catch with the bicep right here, yeah, if my foot is out, like, if my foot's out, you can't get it, it's no pressure, see my toes, I want to make sure, and you're kind of doing this, like, rotation, where I pull tight towards my chest, like he's saying, and then turn, okay, let's do it, spin, that way they can see it this way, yeah, back up just a little bit, Vince, uh-huh, and then hit me with the M&R, and then that's important, I want to shoot my leg up, where I slide, and then this motion, you almost want to do like a, to pull back, because when you slide here, this is what opens to this calf slice, kind of windshield wiper motion, so I'm here like this, and I want to go, and I, because at that moment, you have this open, and when he comes in, this is when you can jackknife, and you can hold this position, which you're not vulnerable to a triangle or anything, because this is trapped, so then here, and then you can get the tap from here, if he's flexible and he doesn't, that's when you let go, and you can grab the toe, and you see how I kind of do this slide to catch the bicep at the same time, and then that's where you're kind of full, or your heel can, yeah, yeah, you can pull to your chest, and then you heel like this, and pull your chest, and then look, arch your back, and then he's got to sit in two, you want to be up, and into it, and depending on if you want the calf here like this, and then you can, hey, open arch, yeah, all right, do it a couple times, do it again, just whatever, it's cool, so it's here like this, and then that's what it is, you're waiting for this little entry, but that entry at the same time, look how I want to extend myself, where I slide, and it opens up to behind the knee, and then this with my hands, I want to make this open, where I slide here, and then that traps it, at best if I want to try and knee shield this guy again, I'm still giving him my leg, like if I knee shield, I just gave it to him, and then all you do is you dive in, easy, easy, and then you can catch here like that, and this pressure, if he's not letting it, then you slide, and I let go, I pinch the toes, and you see how his foot goes up, like this, because you're catching it here, and then what I'm doing is I want to make sure I'm up, I pinch it to my toe, and then you're over. So kind of cool is that's the Imanari entry, but from here, you can kind of play this donkey guard like he's saying, but it's still the same concept, I'm here like this, and what I want to do is I sit, and I jump into it, but that jump from here, that's when you can open, slide, and then you trap, same concept, I can go here, he doesn't like it, then you go here, and same thing, look how I'm folding the toe, it's super important, I want to catch the big toe on the outside, and then you catch the pinky toe in the fold, and then you see how his middle of his toe, like this, if I go, and I twist it, it's not working, but if I go here, and then you pry, at the same time I'm up, then you twist, and like I say, this is a good track, you can do it, but if you have it correctly, you can just torque, use your torque, so, and then the same, without the connection turn, and then do it, you fucker, and then that entry is like, look, I can now pull him back, and then that slide, that's super

important, and then you can calf slide, but that doesn't work, and you can catch here like this, that doesn't work, and catch in like this, so it's a cool little fancy move, but still, like, emphasizes on what we were trying to do, yeah, alright, man, I'm good, that was awesome, thanks Vinny, that was sweet, thanks everybody, hope you enjoy it.