

Metadata: <https://www.youtube.com/watch?v=aMOWeli7sm0>

Right now, we're gonna work on the next attack, okay, so from the classic 201 grip still, okay? So I have my foot on the bicep, on the shoulder and bicep, okay? So don't follow too much like the bicep itself, right? It's right at the top of the bicep and shoulder, right? Right there. Because if you go here, you can always do that, okay? So another triangle attack that's really good, okay? Right here, it's when you turn like this, right? And then you can keep drilling this over and over, okay? So you can make this grip or this grip right here, okay? I suggest to drill like this. So I'm here, I grab, I open my leg as far as I can, on purpose, because now he's gonna try to catch my leg there. And then since he can get my leg, so now he's gonna try to take on this side, and then I go here, and I go back, okay? Then just keep one, two, go back. One, he touch your leg, you go for the triangle, okay? Also you can work with this grip here. So he's like, you were here, you go away, one, when he touch, two. So you use this momentum, keep drilling this over and over. Okay, so I suggest you to do that, okay? Very simple, but every time you lock the triangle, you lock as hard as you can, you can, right? But you have to be careful with your friend, okay? So you have this grip, or this grip. So you always push, stay 90 degrees for your opponent, then when you touch your leg, that's when you use the momentum, see? Remember, the bicep against the face. So you lock the triangle as fast as you can, and then you finish, okay? So you can keep doing that over and over. This is like a really good drill, because this attack, it's very common, it happens all the time. Okay, so that's it for this video. I hope you enjoyed it. If you did, please give it a thumbs up, and I'll see you in the next video. Bye-bye.