

Metadata: <https://www.youtube.com/watch?v=NTMFAVP-SDs>

Now, our opponent decided to control the hip, so the hand came a little lower on my upper body, so going towards the belt, right? Good thing about it, she's not controlling my upper body. Bad thing, she's controlling the hip, right? That is a huge deal for a guard player, as we saw before. So, she already created an angle, just like the last technique, she controls the ball of the lapel. Okay, so from here, since her elbow is closed, it's extremely hard for me to try to bring my knee in, as we did in the last position. So, all I'm gonna do here is I'm gonna hold her wrist, okay? That can be a simply hand on the wrist, that can be a sleeve grip, whatever you may like, right? But from here, as I feel she's starting to pass this way, what I'm gonna do is, I'm gonna take my leg out of the way, as if I'm trying to help her, and at the same time, I'm gonna use my legs to create more momentum to sit up, popping on my elbow. Right there. So, from here, I will extend my arm as I hipscape towards her, sitting up, and realign myself with her getting good grips. So, one more time. She has the grip on my hips now. As I feel she's starting to pass, I will keep her arm in place, and then, as I still don't have any other option, I will throw my legs out of the way, creating momentum for me to pop on my elbow. From there, I will extend my arm as I hipscape towards her, realign myself, getting dominant grips again. So, one more time to the other side. She has the grip, she's starting to create angle, I will keep my hand on her wrist. I feel I don't have another option, so my legs go out of the way, creating momentum, popping on my elbow. From there, I extend my arm, at the same time, I hipscape towards her, clearing my legs, and resetting the position.