

Metadata: <https://www.youtube.com/watch?v=0YJcnMJcep8>

We're going to keep on working the takedowns to get into the knee weave. We have a lot of options, but like I said before, I like to have multiple options off the same grip in case something doesn't work. So like for example, we showed a couple where we were crossing the center line. We were going for the collar drag and we went for the arm drag. Well, then we just showed a single leg using the same side grip. But a concept I tell people all the time, especially the wrestling, is the head of the hips, head of the hips. What do I mean by that? I mean that if you can't get one, you can always get the other. And what I mean by that is if his hips are too far away from me, I can't, I feel like, man, I'm going to have a hard time getting them. Well, then I can get his head, his head's right there. Or same goes if I went for a snap down, his head goes up. That means I don't have his head anymore and now I have his hips. So head and hips. Okay. So think of it that way. So maybe I wanted that single leg in the previous section that you guys loved and was awesome. So now his hips are a little farther back and I'm like, man, I can't get it, but I'm going to go off that same grip. Or maybe I went for it once and he got lower. Maybe he was higher and I went for it, but he's able to stop and run away from me. And then now he's lower the next time. So now I'm going and I'm going to pull him into the snap down right here. I don't wait. I use my other arm that was on the collar to bring him down and then I grab around into a cradle. My knees touching down, my hands are locked and now I'm going to spiral him towards the head and I'm going to hold him here. He's going to struggle, but I'm going to rewind and I'm going to come back and find his leg. You don't have to let his head out that quick. I was just trying to be nice to Josh because sometimes he's fragile. So I was just trying to not let him, you know, break him in half here, but you can hold the head the whole time until you're ready to pass. And then when you let the head pop out, you can cross face or go for one of the submissions we're going to show you later. Okay. Let's look at it again. Okay. So maybe I wanted his legs, but he's just too low. So maybe I get here, I get my grip and I'm sitting, making him think I want this and then I'm going to go up. Boom. Let go. Bring him down. I catch. Once I get the cradle, my knee comes down, I grab his leg. I'm going to dump him towards his head and go to both knees. Boom. Now I'm going to walk around holding his head. I'm going to find his leg, put the knee weave in, come up in control. And now we can go for one of our passes. Okay. He's already so bundled up over here. It might make sense to just run to his back. Okay. But you guys will feel that out as you go. One more time. Okay. And that's a snap down cradle to the knee weave. Okay.