

Metadata: <https://www.youtube.com/watch?v=eWH-VIUIND0>

All right, so I'm gonna go from that 50-0 belly down ankle lock, right? Boom! And he doesn't tap, okay? So, it's okay, I push myself up, and I go for that, you know, I go for that, you know, kind of this ankle lock here, where I kind of stretch out his knee, you know? And if he doesn't tap from that, or I feel like I have that knee bar solidified pretty well, look, I kind of let go of this, so I open up my elbow, okay? So his leg straightens out, right? Because, you know, this probably doesn't feel good, so he's fighting to straighten this leg out, okay? So as he does that, look, I open up, I slide his knee underneath, his leg is already behind my armpit, and I can get the knee bar really tight. You can also grab his kneecap, right? And, you know, commit to that knee bar. Okay, let me switch around. So I'm here, so I grab that, you know, I'm here, spin around, and I can grab that, yeah, that kneecap and hit it there. Let me do it one more time from the beginning. So I'm here, belly down, ankle lock, right? I push myself up, okay? It doesn't work out, the ankle lock, I should be able to get it, but sometimes people don't tap, even though it slides the knee. So I'm gonna let him straighten out his leg, okay? And as that happens, I slide the knee underneath, okay? And I'm already fishing with this hand to grab the kneecap, okay? I'm even more focused on grabbing the kneecap than this leg here, okay? But I'm gonna try to keep everything there, and then I just pinch everything down and arch my back with grabbing the kneecap and my armpit, squeezing it down on my ankle, and it's a really tight knee bar.