

Metadata: <https://www.youtube.com/watch?v=e0p-GytPwGM>

So now let's talk about top pommeling. We've looked at ways to trap our partner's hands with control-based methods, a few opportunistic ways to trap our partner's hands. Now let's look at the idea of top pommeling, okay? When your partner goes to intercept your hand through transition, and you pommel around their hand to top hand position. Okay, so for example, with any one of these transitions, let's say I get to a cross wrist. For example, I'm looking to trap my partner's arm, when I go to threaten to strangle, if I wanna have a cross wrist grip, when she goes to intercept my hand, I can pommel my hand through and around and catch my partner's hand mid motion. So as she gets to catch my hand, instead of just bringing my hand through, as she gets to, we'll plug in here, as she gets to catch my hand, my hand comes out. So I physically put my hand further away than I wanted it to threaten to strangle, for example, and as she goes to intercept my hand, I pommel through and around, and I catch my partner's hands like so. Okay, this can be done from a variety of different places. She goes to grab my hands, two defensive hands in place, we come through, we can take our hands and we can pommel our hand through a switch, or we can pommel our hands to top position by just pommeling our hands on top of our partner's hand. Take a look at that next. All right, but you can always use top pommels when your partner goes to catch your hand like so, maybe she even has a grip, and I pommel my hand around and on top of my partner's hand. Hey, it's not a difficult thing to get good at, it's literally just rotating your palm towards your partner's hand and then shooting it through towards the elbow, breaking the grip and catching. Okay, so she goes to hold on tight, I just pommel it, my hand faces towards my partner, and now as I shoot towards the elbow, she can't hold on anymore. I switch to a top, I get a top hand position and we access our partner's wrist. Okay, and this can be some, a variety of different positions. Most of the time, when you're looking to create the illusion you're going for your partner's neck and then you switch to a top pommel where you gain the top hand positioning and we're ready to go into attacks. Okay, so just the idea of pommeling around your partner's hand, whether it's before she intercepts your hands or after she has a grip or she just can't hold on physically, even if she holds tight, we can always pommel around and catch our partner's hand like so, and now we're ready to go in and look to trap.