

Metadata: <https://www.youtube.com/watch?v=ET3XrD-R574>

we're gonna do a cartwheel to an arm bar. So from turtle guard, he's sitting up, I'm gonna be looking for my same cartwheel that we were doing, right, post, head and stomach. Instead of posting on the head, I'm gonna be wrapping under the armpit here and just cupping the shoulder. So just like a little cup, when I roll it's gonna just lock into the arm. So here this hand's gonna be like my balance. I'm gonna cup, and now when I do a handstand, I'm gonna leave this close leg behind to finish the arm bar. So I'm gonna be here, sorry bud. Okay, one more time. Okay, coming over the top, and I'm coming, I'm coming like, uh, almost like here to the knee, leaving this leg back a little bit and rotating, and it's just rolling on. Do this side. Sorry bud. That rocked you. That was fun. One more. And the last one. Sorry.