

Metadata: [https://www.youtube.com/watch?v=AC\\_kxLh0Bck](https://www.youtube.com/watch?v=AC_kxLh0Bck)

We're gonna be going over a rolling back take when you have a leg drag position. So, my partner is in open guard. I'm gonna cross drag one of his legs and hit my leg drag step and get his knees facing one way. All right, cross hip, big step. Now, I'm pinning his leg with my chest and I'm dropping my knee to make a shell for a table. And I pin it. Okay, I can use this arm in front to trap it. Now, what I'm gonna do is drop my knee on his thigh and then I'm gonna back step and hook this foot behind his foot here. Now, I'm gonna shoulder roll and start going for his back off of this grip here. One more time. Now, a lot of times you already have the pass off the leg drag, so it's like it's done at your own will. So, I'm gonna be doing the leg drag position step. Okay, now I have a really deep leg drag. I like to cup his head, pull it in, makes it tighter. If I can, I get the under hook. Okay, now I'm gonna put my foot back behind his leg right here, so I have leg drag. I'm gonna put my foot on this side, making an X guard. Now, I'm gonna roll and try to grab that foot, that leg. Now, kick it straight and get the hip, shoulder hit. So, I have leg drag, step, drop my knee on his head. I'm gonna trap this leg here and then when I roll, I'm gonna grab this foot. Okay, one more time. So, another thing is when I'm leg dragging here, this foot that's my knee, my knee that's pinning, I like to put the foot right on the calf and then later it's gonna help me rotate him with my foot. This one's kind of just, I just like to lock his leg up just because I like being able to be in control. I can keep this arm on this side if I wanted and I'm shoulder rolling and from right here, my foot on the calf is gonna help me do a lot of like control here. One more time, different angle. Let's go facing, I'll face my back. Leg drag, stomp, I'm gonna control with this seatbelt, lock my X guard on his leg. Now, I'm just gonna keep him face this way and then I roll underneath his hip using my foot on the calf to control him. I'm gonna stomp this side, I'm not using this side anymore so I'm gonna try to stomp this foot over his head, not to the ground and then now I grab the waist and I finish setting him up.