

Metadata: https://www.youtube.com/watch?v=68JN_0K164g

Arm lock, as I'm extending or hinging out the arm to finish, my partner protects himself, double grip on it, on protecting his arm, he's holding his bicep, his elbow, so on. Beautiful opportunity for me to open, trap, and now convert to the other side. As I'm converting, easy for me to get into this Esma position that we talked about before. Establishing gift wrap, and we are right in the back. So again, it's this opportunity of stepping over and creating this rotation to achieve the ultimate goal. He's protecting my hand, the free hand, the hand from the head will loop inside and trap. I can use my opposite hand to post, and as I'm stepping off, I will loop around, turning my hips across, and now I'm creating this dragging motion so my partner turns. Establishing the grips, now it's super easy to get into the back control. One last final time. Connecting, very nice. Loop, coming in, post, lift up. This is the critical point. I'm not pivoting 360 degrees. I'm simply turning, dropping my knee to the floor. I'm going to drag my partner across. Now we have that gift wrap, and we can convert super nicely to the back.