

Metadata: <https://www.youtube.com/watch?v=B0GHubyxmdo>

So when I'm saying weak and strong, a lot of them consider this side, the side going closest to the neck, as the strong side, and they consider this one the weak side, right? Reason why is, again, like I said, he's always wanting to get his back to the ground, right? So if we fell this way, this one's considered a strong side because I'm closer to his neck, and if he wanted to turn his hips to the ground and his back, it's a lot harder, right? If we were to go this way, and he turns his hips, yeah, he's already escaping, right? So that mentality is why they say the weak or the strong side, but if you know the principles of it, then everything's neutral, right? So remember what I said the first thing was, the bottom leg of whatever side you go to is the first thing he wants to escape from, right? So if I do land to the underhook side, I'm not even going to call it weak side, let's say the underhook side. When we fall, I'm adjusting, and I'm just blocking his hip, right? So rather than leave it like this, where we're being lazy with our legs, and he, yeah, exactly, he wants to do that, I'm already blocking his hip, and I'm looking almost pretty much at him, all right? If you can get to where you can, like, hook on the side, that's great. If you're long and lanky like Mike, you can probably even body triangle, which is even better. If, in the meantime, you can do this, that's good. This is usually where I end up at, okay? Now we're going to go with that same cross grip again, right? So as he's trying to, like, defend the choke, I'm going to have to end up coming under and peel one off, all right? So now what do you think he's going to hold with? Yeah, exactly. So now what I'm going to do with this bottom hand is I'm raising it up, and I'm using the ground as backup so that he can't come back down with this hand. Try to come down with it. It's a lot harder, right? Because I have the ground helping me. The good part about being on this underhook side is I have all the flexibility now to move my leg. What I'm going to do is I'm going to raise this one high. My heel is, like, where his arm is, and I bring his arm around my feet or my toes, right? Once I feel like my toes are over, that's when I'll let go of his hand. So when I let go of his hand, I'm hiding it, okay? You can't cross it. I've seen him cross it. The one note that I've seen Danner say is, like, when he's crossing, he's not making the one that's trapping the hand the one on top. Because if he just takes his hand out, like, yeah, muscle up. So he'll take the bottom one, and that's the one he goes over. So now if he wanted to get his arm out, it's a lot harder. So just keep that in mind, okay? Because I know nothing's ever choreographed, and this seems perfect, but we might not be able to end up there. If you're ever going to cross your legs, the bottom one on top, or the one that's trapping the arm, okay? So now that we're here, I'm steady trying to do the choke. He won't let me. It makes it easy now to get two-on-one, okay? Another little tip. If I hold him at his wrist, muscle up, it's hard to hold it. If I hold him by his little pinky, the pinky area, it's easier. So when we're here, and I go two-on-one, and I bring it down, I'm going to try to reach my hand to go over him. I don't care if it's like this, like this. I'm just trying to reach that area, okay? I push it down below his chest to his stomach, and now we go to work on his neck, okay? He's probably going to tuck his chin, right, like every other person does. We're going to go like a flat fist, not a big one, but a flat, and we're just going to follow the back of his jawline, and we're going to keep going under, keep going under. And when we're here, I bring it behind his neck. So what I mean, guys, is, because I see this a lot, we bring this here, and we're satisfied grabbing here. And what ends up happening is when we're trying to choke, he can hold that. When we're bringing the hand, I try to bring it all the way, like, to the other side of his neck, almost like if I wanted to hug it, right? We're all the way to the other side, and I reinforce it by covering my chin, looking at him. My elbow presses to his chest, and then now my elbow goes that way, right, as I'm squeezing, okay? So don't settle for this. When we're here, now, I don't know why, we all, like, want to look away at what we're doing, and we're doing this. He'll fight that all day. When we're sliding this through, I bring it all the way behind. I cover my hand, elbow press, and already you get the tap right there, okay? So one last time, we're here, we're falling, I know I'm falling this way, I'm blocking his hip, right? We're fighting for our grips, boom, I get the top one, I push up, get

my leg, deep in, go around the foot. Let's say this time I want to cross my legs. The one that's securing the arm, when I put it down, the bottom one goes over, okay? We go two on one, boom, change my grip, I start going for it, I'm not satisfied stopping at the shoulder, I'm going all the way back, covering, pinch my elbow, and turn. And we get our tap there, okay? So we're good, anybody need to see it again? Let's try it out on three. One, two, three.