

Metadata: <https://www.youtube.com/watch?v=-DA6K5KnAPc>

Alright so now we're going to talk about the arm ripper from the arm raiser falling to your left towards the hip. So basically the same thing, I'm going to feed the arm raiser here, I'm leaning it back, I tilt to the left and then my left leg comes over his arm here. I kind of scoot so I can kind of get him in a key lock position here. As I feed your fore, my legs as you see right here. His arm is stuck and as I lean back it pulls all the tension on the inner part of his elbow and it's really really unpleasant and painful because you can't escape your arm simply because it's got to straighten in order for this lapel to be able to or for them to unhook the lapel. This is not a bicep slicer, I know what you're saying, this is a slicer, no it's not. So I can have it this way, I can even grab this and I can pull it and reverse grip it. The other option you have is, you see my free hand, you see his hand here, I can just fall onto my side and I can begin to torque the wrist lock here. He's probably going to use this other hand to defend, I can probably pull here, lean back and finish the arm rip. Okay, one more time. You feed the arm raiser, you thread it through, I'm leaning it back. Sometimes the arm goes down towards his hip right here, okay, alright. That's also acceptable here, it's either going to go towards the head like a key lock or towards the legs like a kimura. The great thing here is that he's not getting this arm out, the great thing here is that if he starts rolling to the left, his arm is stuck, if he starts pulling it, his arm is stuck right here and the great thing is that I can just arch away and this left lapel tightens so tight that it finishes the whole thing. So these are what's called the arm rippers, okay, these are incredibly painful, incredibly effective but at the same time I do have to say that you should be finishing the arm raisers even before you get there but this is just extra added bonus for you guys.