

Metadata: <https://www.youtube.com/watch?v=9hXpAICxENM>

okay guys let's continue with the lasso position so again we're gonna defend our guard with putting lasso and move i really like to do right after i put my lasso is spin to omoplata position so like i said before i always put lasso guard whenever he's trying to switch sides and put me in the like worst side and to go with the knee side right so he's doing that i go with lasso and whenever i'm connecting with his armpit i let go the collar and i'm spinning on my shoulders so i'm spinning all the way until i get to his hips i have his hips and now i'm in a good position to to attack with uh with omoplata or i can just let go his arm and get control here okay so whatever you like if you like to control with omoplata if you like to attack with omoplata it's okay but sometimes when i don't feel like omoplata is uh is a really good way to submit my opponent or to get points i let go that and i'm going more towards the towards the back so one more time so we're here he's changing side i'm putting lasso i let go the collar so i can hide my elbow so right now if you just try to spin on your shoulders it can be uncomfortable but if you raise your hips and you put your elbow under your hips it's going to be super easy to roll under and get to position once again so your opponent changes the side one let go and now keep your shoulder on the mat so you can raise your hips easy way use your toes on the mat shoulder on the mat and put your head on the mat now it's going to be super easy to hide your elbow and now you just keep spinning until you feel you have a nice leverage here so you can put the pressure on his on the on the back of his arm and you can get on top to get to omoplata and now you can choose you can stay here you can flatten your opponent on the mat to get the submission or go back or sometimes when you don't feel like it's the best way to submit the opponent and you don't want to stuck in a position because you need for example more points and you need to get to better position i just let go of omoplata and i drag my opponent so his back is exposed now and i can attack him more on his back