

Metadata: <https://www.youtube.com/watch?v=3lgBW7ha9Bg>

So this one we're gonna work on when we have the back take but it's kind of hard to go for the the neck. We're gonna switch for a Kimura trap because from there we're gonna go for the armbar. Okay so once I'm here sometimes when I fall here to the side I'm trying to to strangle him but he's using his hands. So what I'm gonna do here I'm gonna control one of his wrists and I'm gonna do a Kimura trap like this. Now I'm gonna need to step on his hip, push him down, pass my leg to the other side. Once I do that now I'm gonna come around his head and I need to use my forearm here behind his back and once I do so I just open my leg and now I'm gonna fall here doing the armbar. Just bring his arm to the side and then we're gonna be able to submit him. Okay so we're here on this other side here. On this other side it's gonna be a little bit more difficult because of my leg he's strapped but if I'm trying to go here he's defending using his hands I'm just gonna come here I can use my foot here on the ground to push me off to the other side like this then I just step on it pass my foot all the way over to the other side now I push him down pass my arm or my leg over now I got his arm over here. Okay so again if you're on this side here if you're trying to do it he's defending I control open my my foot like this open my leg push off the ground bring all the way to this side now I just step on his hip like this I'm just gonna come over his shoulder pass my forearm to the other side pass my leg over and then I have the armbar over here. So last one on the other side now. So I'm here if you already felt on this side he's even better I'm gonna push down control here his his arm I'm gonna pass my leg to the other side I'm gonna open here pass my arm here in front of him I can use this foot to push him even more that way pass my leg over now switch from the kimura grip to the armbar close my knees and then I'm having it. Okay so the explanations for the submissions are being very fast there's not much there's not many details there and now that you guys know how to take the back those are there are a ton of positions out there a ton of submissions but those are one of the most common ones they're going to be using the higher percentages ones they're going to be using in tournaments and your trainings as well hope you guys liked.