

Metadata: <https://www.youtube.com/watch?v=RgN40CN-Mc4>

Alright guys, I'm going to show you an option from the reverse teleheave to the dog bar. So, I'm going to have my reverse teleheave here. I'm going to have a nice long teleheave hook. I'm going to have my frames on. And I'm going to have my feet here to help me extend the toe. My right hand is going to be underneath here. And what I'm going to do is that I'm going to extend the toe forward. Until I can get my single. When I get my single from here, I want to reach my right hand over to the opposite knee. And I want to start coming up. When we come up, we're going to end up in an over-under or over-under brother. This time it's over-under brother. So, I make sure I arm wrestle his shin. I walk his leg into the middle. Squeeze my knees. And I finish. For this sweep guys, I want to make sure I bring Thor as much forward as possible. So, I'm here. I'm not just kicking a little bit. I'm really trying to extend him up and over with my reverse teleheave. I catch his single. And I try to get the knee over here. Alright, so I come up. Right when I get the knee, I'm going to pull it under him. And start coming over. From here, just rotate to him. We're going to end up like this. But you know, with momentum, we're probably going to end up more into an over-under brother. You can either try to pass. Or you can just straighten him. Start going for a dog bar. And finish. You can do this. Both from the reverse teleheave. Or you can time it. Right when he steps into the reverse teleheave. You can kick him forward. And connect it. All you have to do is bring his weight forward. And catch a double. So, he's here. Reverse teleheave. I have my frames on. I start kicking him forward. Left hand goes for a single. Other hand starts going for a double. If you feel like he's a little too far away. Then come up. Then start reaching for it. Pull it to you. Rush in towards the over-under brother. Walk through the middle. And finish the dog bar. That is the reverse teleheave dog bar.