

Metadata: https://www.youtube.com/watch?v=l_AozbOHCKA

All right, so for the next series, same thing. My hands are gonna be here, Sean grabs me by my neck, and I'm like, oh man, he's gonna hit me, right? He's gonna punch me here. Quickly, hoagie grip. I'm gonna hoagie grip his arm like this. Look, my hands go like so. And then what I'm gonna do is my elbow comes up like this to protect my feet for that split second here like that. Okay? I'm gonna turn his arm, and I'm gonna step over his thigh with my arm. From here, watch what I do. I pinch down, put my elbow in front of my thigh as I do this. His thumb stays up. I can sub him here like so. Okay? I can pass his arm to his back, or even if I get to here, I can just start sitting down, and I can ride him to the ground, right? If I ride him to the ground, we stop, I'm out. Remember, we wanna stay safe here. We don't need to complete the fight, stomp the person's head down. We don't need to do all that, okay? If you can get out of the situation here without getting hit, mission accomplished.