

Metadata: <https://www.youtube.com/watch?v=Gcn3QsCFeZo>

Listen, stupid, do not hurt yourself doing this. This is the closed guard buggy. You have to be pretty flexible to do this. If this is your first buggy you're trying to do, do not do it, alright? So you get the closed guard. However you end up here, we're going to break our opponent's posture however, we're going to off balance them however, and then we're going to begin posturing up ourselves, and then you'll see we have buggy exposure here. I'm bringing my knee to my elbow, I'm underhooking, and I'm grabbing my foot, same as usual. Now I can finish here, I have, I'm grabbing my foot, my elbows in my knee pit, I'm crunching my shoulder down to my hip. We're here, and I'm backheeling as well. The backheel is very important with this, let's circle this way, we're in closed guard, I bring my opponent's posture however, I begin coming up myself, and then I'm going to start underhooking and grabbing my own foot. Now that I have this, I can backheel with this leg, and then I can crunch my shoulder down my hip. Simultaneously, that'll get the finish. I'll show it from here, we're in closed guard, I'm bringing my opponent's posture, I'm coming up to a hip, and then I'm bringing my elbow to my knee, underhooking, grabbing my foot, and then I'm backheeling with this leg, and crunching my shoulder down to my hip to get the finish. Go to Beadaholique.com for all of your beading supply needs!