

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

All right, so we're going to see like a position now, okay, back take from the side control using the belt, okay, very efficient way that I like, you know, a lot. It's like, this is like when I'm here, you know, on the side control, my opponent's framing, what I'm going to do now is like feed the lapel to my right hand, okay. I start with the fragile hand, make sure that your grip is tight enough, okay, so I cannot be loose, okay, this grip over here is super important because now my left hand, I'm going to go over here and hold the belt, okay, that this position is going to work when my opponent has the belt on, okay, you're going to grab the belt. So now is look how I start like going to the north-south and start putting the pressure on his face to make him turn a little bit, okay, look at that, I'm going to be here and then I'm going to start doing this, look at that, I'm going to start, you know, put the pressure, okay, and then as soon as he starts turning, I'm going to start, you know, put my left hook in and drag him to the same side, okay, now from here I'm going to be able to, you know, stay on that on that back, okay, so one more time, so as I'm gonna be here, go one, two, hold nice and tight and hold the belt, okay, it's really important you guys like start going to the north-south because he's blocking you here, as soon as you start with the pressure, he starts turning a little bit, okay, now is the time you're going to put your hook inside and drag him to the other side, okay, so what you need to force him to turn, right, that you need to have this pressure over here on his neck, look at that, when he turned a little bit, you're going to fall, boom, look where you are now, underneath his body, dragging him and then you're going to be on the back, okay, so let's do the other side over here that you guys can see better, okay, so because if his arm is on the floor, you're not able to go underneath him, that's why you guys need to force him to look that way, because when his body goes to the side, his arm is going to go up a little bit and there's a time that you gotta underneath him, okay, so we're going to be here, feed it, go on, grab the belt, now I'm going to start turn, look my hips and then I start doing this, when he turned a little bit, look how I start to like put my left hook in and my foot comes behind his back, okay, once again, he was blocking me, I'm going to start doing this, I'll put the pressure, when he turned a little bit, boom, back take holding the belt, okay, now from here I can be on the side control.