

Metadata: <https://www.youtube.com/watch?v=2KXn90GdIOg>

okay back on mount here head and arm okay so that's getting into the head and arm trick i'm gonna use real quick you're not too busy okay so guys we're here i went to get this i'm gonna so we're go ahead i'm gonna put my head down here guys and start to run this game up and this is the fight now it's usually my head trying to get this on the side okay and getting an end with ralph okay so now i'm going to pull this down okay so guys this time i'm not going to move into side control i'm going to squeeze this here and now i'm going to roll my shoulder up in this direction driving forward from the mount okay for me personally you good it's very tight right for me personally i don't switch to the side control okay a lot of people don't like to stay in the mount they feel like they can get rolled for me when i'm here and i get on i drive my shoulder down and then in this direction forward here so we're going driving the shoulder this way down to the ground okay this is pulled down all the way there's no space so driving here i don't feel like i can be rolled over uh i mean anyone can be rolled over you get what i'm saying i i feel good there okay so drive drive drive drive drive drive and then go for the finish try to put your head down on the mat while your ear is attached and i think that downward pressure will finish it's the same thing as like scooting back from the north south that we did earlier okay you guys want to give it a shot okay okay so start back this time i want you guys to get your heads come back up and to mount i want you to get your head down early and i want you to almost start leading with your head okay go ahead there good okay take that down pull it down all the way okay now chest first and now drive your shoulder towards me here okay good very good make sure you use that ear to pinch how it felt tighter than this other one yeah okay i like it from the mount set it okay so so from on top get yourself in there if you can do that that'd be awesome so pull that down okay now let's see the finish from there drive forward to use the ear squeeze all the way down good so it's coming to the chin at first but then she sunk back down sounds like it was tight yeah it was so guys yeah i like finishing that just a small little quick tip there i don't think you have to move into the side control i think sometimes it actually loosens it up okay um yeah i think you can finish from the mountain position after that you