

Metadata: <https://www.youtube.com/watch?v=O9nYID-fqEg>

So we're gonna take a look at a different grip break when our traditional thumb up method isn't working. And it happens a lot of times when guys are just stronger than you, okay? When they're stronger than you it can be hard even when you get your whole body into the position. To actually create the angle and get it up in nice and tight. So what we try to do is when he takes that grip break and he makes it really strong. If I can't if he's doing a good job of keeping it into my body. You can see that it makes it difficult to like get to that straight angle because we have this turn here. He's keeping it into the body even if he keeps it down like it can be hard to create that angle. So what you want to try to do right here is you want to roll your hand over the top and then? Elongate your arm, so I'm gonna try to get my thumb into the crevice of his wrist here. So while he's holding it in nice and strong we wrap and there you see how my thumb turned the gi didn't move. My hand turned inside the gi that's an important distinguishing factor when we're in this position. I have to roll and then let my hand turn now I can peel it up, and I can roll his hand and then bring it thumb to shoulder to free the grip sometimes if you are a Bigger person or you decided to wear a judo gi to jiu-jitsu practice or whatever the case may be you have a Overly big sleeve. What can happen is you could actually roll it all the way around and you'll feel that They'll kind of be hanging on by a thread. It's not something you ever have to worry about you can just go right back into once. It's that weak just go right back into the previous one thumb up and over. But for the most part this should work out no problem for most of you where you roll thumb. And then you give your thumb that extra little spin I curl it into me there. You can see his wrist starting to expose and now I can go thumb up to the shoulder to finish and it's very difficult for a lot of people to hold on to especially in like the heat of the match or heat of the moment because Typically speaking once he's realized there that his thumb is in this direction a lot of people will just let go and then it pops Free and now you're ready to go again. Sometimes though it's more about not letting them have it. So once you've rolled it and you've come through and you've broke it. You want to be searching for that hand right away to make sure we can control it. And he can't get back to the end of my sleeve again from this angle here. So you can see that hand and the way it's rolling. I'm not going over the top with my pinky I'm rolling so that my thumb is facing down back here you should be able to see my thumb and then I bring it through and then up to finish that grip break and Then we search for the hand