

Metadata: <https://www.youtube.com/watch?v=H7iQW44PooA>

So, the next option is going to be, I come in here, I get my hand in, right? I go for this choke and he puts his arm in front, right? Yep. So I'm going for this choke, he puts his arm in front. I'm going to start to drop my chest down here to collapse this frame. Now, usually he doesn't have his thumb in yet because I'm here tight, right? I got it tight, but he brings that in front. Yeah. So I'm going to start to beat this and I drop it down with my chest. I'm going to pick his head up. Now I can free my grip and I shoot my arm through. Okay. Now, after I shoot my arm through, right, I have his head picked up. I want to chop my wrist into his neck and then I keep that tension so his head is still up. Right? I don't want to do this. I don't want to chop up, bring his arm through and then let his head fall. Okay. I've lost all the tightness here. Okay. So I pick his head up. I shoot my arm through as deep as I can. I'm turning and I'm starting to look at the ceiling, right? And now I chop, I keep his head up. Now this arm can start to come behind and now you see how I'm angled off, my chest is up. I'm going to do a little adjustment to square up. So I grab and then right about here as I lock it in, I'm going to shift like that. Now to finish this, I'm actually just going to stay on top and I'm going to, I'm going to start to pull my forearm into his throat and then I'm going to flex all the muscles in my chest and I'm going to squeeze in together. Okay. So I'm using all the muscles of my back, my chest, my arms here, and I'm just flexing and squeezing right up into my chest. Okay. So I enter in, I get this cross grip, right? And he starts to bring the arm in front. I'm going to drop my chest on it, pick his head up, and now that allows me to free my fingers from the collar. Shoot this through as deep as I can. Notice I'm turning, right? And I'm looking at the ceiling. Now I chop up. When I chop up, I'm using the blade of my wrist in his neck. I'm curling that towards me. I keep his head up. I don't let it fall. Bring it up, chop. Now this arm can start to come behind. I'm going to catch my bicep, and then right as I'm locking that in, that's when I do this adjustment. When I do that adjustment, it's bringing this blade right under his neck, okay, on his carotid artery here. So here, I'm through deep and I'm almost curling around his neck, right, towards his spine. But when I grab and I do this adjustment, now I'm right under his throat. And now I'm going to squeeze to get the tap. Okay.