

Metadata: <https://www.youtube.com/watch?v=QwL-145VLs4>

Okay, this is going to be the arm trap, you won't make any friends with this one, but you will pass the guard. All right, it's not very nice, but it works pretty good. All right, so this is desperate needs call for desperate measures, all right. So, what happens is the same position, all right, great guard, perfect, good. Now, from here, if we have the same concept, I get this and I want to pin it down. Now, what's happening, he doesn't want me to have this. So, his goal when I'm trying to put it down in his pocket, he's going to pull it away, go with it. All right, so when this is here, I'm holding it, he pulls it back, right there, I take both hands and I pin it to the ground. This elbow is going to cut through and it goes underneath his body. Now, watch what I do, I drive my shoulder out, because if I do this, I can't, nothing's going to happen, his butt's flat on the ground. So, I took my chin and I get up on my toes. Now, watch what I do, I take this shoulder and I drive it down and I'm getting up like this, all right. Lock those legs a little bit higher, there we go. So, one more time, grab the head, I take this, I pin it down. This is my position, elbows in, you want your arm back, perfect. We take this here, I put my head down like this and I lift it up. Now, see my left hand, right here, I pin this down and I get a good grip. So, I hold right here and I sit back. So, now this is pinned underneath him, okay. Now, watch the triangle, all right. So, what will happen is this, from here, wants to go around, put that around my hand. I can't have this, because now I'm in deep, all right. So, right where this is here, I put my knee in. So, like we did with the arm pin, where this knee went in, we do the opposite. So, now see where we're here, for MMA, this is awesome, because if I do get him to open this, it's even faster. Can I stay here? From here, I can throw my strikes, but I can get in a good position, he doesn't have anything to defend with, all right. So, I can throw from here, all right. Also, I sit back, I'm here, I can push this one down. This arm is pinned. I come up, same side knee, and I'm going to cut down. This is where it gets kind of interesting. You don't want to be here, you want to get up on your side. I don't want to reach around here, I want to stay underneath. This is where we're going to spin. So, you go this way and I'll go this way. So, I'm going to turn, see where this is at. We have this, right here, I hold nice and tight. I didn't go around like this. I stayed on top and I was holding. I transferred here. Now, take this leg, he's going to want to come up, he's going to try to cut. I have the staple, I come underneath right here. Now, watch, I open and I pin. Feel the wedge in the hips. So, if I stay here, okay, and I'm on top, I'm going to fall over. So, I stay up on top, see my base, I come underneath right here, okay. Put those legs, lock them back together. Now, I'm here, I lift up, now I back step and I'm holding on right here.