

Metadata: <https://www.youtube.com/watch?v=a0jSe98V3ek>

All right, so now we're going to look to run our second leg into, into an interference, um, provided the heel slipping is harder. Maybe we're having an, maybe we're having an issue getting to the head and the elbow where you feel like it's hard to just heel slip right. Just with our, our, our one leg, and it's hard to get to the head and elbow. And you feel like it's, it's going to be almost impossible to roll a full rotation without getting broken. So we, what we can do from here is either early, like preemptively where my partner's here, but I feel like I'm going to lose the head and the, the elbow as she goes to extend. We just take our foot and we just place it on the inside of our partner's elbow here. And so now as she goes to go belly down and start extending, we can go in and we can separate our partner's heels. Like so, or our partner's hands like, so, and then if she goes into a full belly down position, she inverts the knee. Like, so we can still go in and we can lean out to the side. We can take our second leg in and we can just touch our partner's wrist like so. And now from here, as she goes to start moving me around, I can flare my right, my right foot. I can point the heel and we can use the assistance of the second foot to interfere with my partner's grips. And we feel like we can't get to the head and the elbow. And we feel like we can't go into a, in the heel slip just with my leg. So from here, we can do it as she's going back right from here. We just go in and we touch. Now she goes to break me, the legs are already in there. Or more realistically, when I feel like we're in a situation like, so we're getting to the head and the elbows. Impossible heel slipping with one leg isn't going to work. And so from here, we just stick our second leg in. So now when she goes to break me, I have two legs assisting with the heel slip instead of one. When the rotation is super dangerous and very risky, the head and the elbow aren't there. The heel slip's not there, but a second assistant leg of trying to help me heel slip may do the job. I can use my second leg to run interference, provided I can't get to my partner's head. I can't get to the elbow and I can't heel slip.