

Metadata: <https://www.youtube.com/watch?v=Oafl2lc6pJs>

Alright, we're going to work on securing the diesel squeeze when your opponent has a snatch single, okay, like a high single where he's not even dropping to his knees. Alright, it's a great, it's a great takedown, great attack from the feet, whether you're a wrestler or not for Jiu Jitsu, okay. So Andy's just going to be an inside single right here like this, okay, and the basics of wrestling is my foot's up in the air, I don't want my foot in the air, I want my foot down on the mat. So I want to be able to, to go nice and easy Andy, but I want to be able to just put my foot down on the mat, it's not going to be that easy, but that's, that's the idea, right, and he's got a lock, he's got a lock right here, I have to be able to break, break the lock, right, so I have to be able to make pressure in order for him to break the lock and get out of that whole situation. So it's really busting his position where he's got his head up, his butt's down, his elbows are in, he's picking my leg up, my leg's up in the air, alright. So we're going to use this diesel squeeze grip to, we can finish the choke or we can make it to where he will have to finish the choke by letting go of my legs and fighting my hands, okay. So when I'm here, I want to pressure into him, I snap, I have my elbows in and I'm using my forearms, I'm not using my hands like this, okay, I'm using my forearms to crowd him here like this, alright. Now I'm turning right here and I'm getting right here like this, my other arm slipping in underneath right here, okay, and now I'm going to lock and look I have like a 10-finger guillotine right here, right, I'm pulling, he lets go right here, alright. Now I can switch to this diesel squeeze right here and crowd in or I can switch to a front headlock and snap him down to the mat too, right. So here, right, I'm pushing into him, again I don't want to be on my heels, I want to be into him here like this, alright, and here underneath this hand, look this hand, I'm like rubbing my tummy and going underneath, I grab right here like this, now I'm squeezing here, legs down, I can finish a 10-finger or I can go either side, diesel squeeze, look I got diesel squeeze on this side, diesel squeeze on the other side, here, right now I'm on my heels a little bit, it's bad, I got to get on my toes, drive in for that choke, alright, again let's go from this way, this leg, so he's here, I want to get his head down, here, right here, under this hand, right, I can go from here through or look where I'm like slapping his arm, right, under here like this, sneak it in, I get here and I'm just gonna, here, now, right there to the diesel squeeze grip, alright, very quick, basic way to defend that snatch single, give it a try.