

Metadata: <https://www.youtube.com/watch?v=pub4uJK7FYo>

So now we're in a similar situation where the guy's in a super tight turtle position and we're unable to get our hooks in. Remember what the what this position is about for me on top is controlling him there. Okay if he's down in the turtle again like I said I don't want to force things so this time I'm going to be able to get my seat belt but I'm not able to get my hooks in. Okay so if I'm here with the hips braced I have my arm inside my arm is waiting now to come inside for the seat belt. If I'm here where I can lock my hands in the seat belt I can go right away to this next one. Okay also if I'm here and I'm turning to get my knee in but you notice how his feet are just tucked in right here turn clearly his feet are super tucked in where I can't get my foot in to reach. Okay just like any position I don't want to force too much. Okay I don't want to force to try and hook his feet if I don't have it. I'm here one I turn this angle two I find my seat belt I'm not able to go. Okay I'm going to do a shoulder roll the angle of my shoulder roll is everything. I don't want to go straight okay I don't want to go straight over my shoulder some people do with a tight seat belt but if I go straight over the shoulder and I have any slight miscalculation or slight movement from his back I'm going to lose the back I'm going to land on my back and he's not going to move. I want to go at an angle 45 degree angle if I were to push him over this 45 degree angle where his shoulder wants to roll just like this. Notice when that happens what happens right here when he rolls this hip comes up a lot of space opens up here okay this is key I'm here I bring my knee in I'm not able to go I'm rolling over my shoulder here and I'm bringing my knees up tight pinching him in between my knees okay now once I'm here if he's not moving I judge where we go now look at my hook again okay it's locked from the knee to the hip pinching his body and it's mobile from the hip down okay if I'm able to bring my bottom hook out I'm going to bring my bottom hook out and top hook in if he's laying on my bottom hook I'm going to bring my top hook in I'm going to wedge underneath him again and we're going to the side and take his back okay here I'm unable to get inside with my knee I'm going to turn try I'm going to get my hands locked together okay when I'm here and I can't get my knee in I'm not forcing here I'm still against this hip I'm going to grow right over my shoulder so my elbow is going to come down right over my shoulder and I pinch him in between my knees okay he's laying on my bottom leg top hook comes in I stretch my leg notice when I practice that look at here even if he's laying on my leg I'm still mobile from the knee down I'm not trying to move my hip if I'm trying to move my hip I'm stuck trying to move from the knee down and now I'm pulling rotating my hips underneath and now I have my hooks okay so notice the movement here is that roll that roll is everything okay right over his shoulder where he's weak I don't want to roll straight like if I get in the habit of rolling straight if I don't move him this is something that's going to happen we get sweaty we're in our third fourth training round this is something that's going to happen I want to go to the side I want to crunch him right over my seat belt okay I'm here I'm waiting to get in one two elbow comes down I roll over my shoulder here I am hook wedge second hook here and now we lead into our attacks again