

Metadata: <https://www.youtube.com/watch?v=wb7sSsKiR3o>

Okay, very similar to the armbar that we did from side control where we We step over the body the 180 step over the marcelo garcia one We can do also from the top half guard even from the deep half guard. It's really nice I just I need But I need the underhook the underhook on the top armor, right? So as we fight here I need to bring boris to me here. So as we pummel here for the underhook the battle that always happens I bring him close to me now. I need to really Pull him in as close as possible not to overstretch myself going over So I will now step here Now i'm still in the half guard But I now can sit to my side Pull his arm up Get my leg out and now Free my legs And end up Right here. Okay, so So It works really also works from the after it's kind of the same thing now here I'll pull his arm and now I need Go over his body and here we are. I'm sitting on his face super uncomfortable for him. I get this leg out from underneath And we get to here Okay, so the path Also works go to your half guard just make sure your knee is not stuck underneath That's going to make it really hard get your knee free Pull him in Go over Get your leg out kick so you free your legs and finish Here okay, he puts me in a deep half Again, my knee gets free I under hook It's a bit harder from the path for sure. I need now to get my leg over his head So how we managed to do that? We need to get to here Now sit all your weight on his head Okay, maybe it's more comfortable for him as you step this leg Now you can free yourself and all the time control the arm And finish one more time So maybe I was trying to pass his guard and I managed to get this now Okay Very solid way to go from the guard pass there to the arm