

Technique: Hook Sweep

Position: Guard

Overview

If your opponent leans all their weight forward from Stage 4, drop them into Stage 1. If they stand in Stage 4 without leaning any weight, kick them back to Stage 5. If they are leaning forward from Stage 4 but have one leg forward for base, you may have difficulty dropping them back into Stage 1, and this is precisely when you would use the Hook Sweep to reverse the position.

Technical Slices

1. Hook Sweep

- *Indicator:* Opponent stands with one leg forward in Stage 4 of the Punch Block Series
- *Essential Detail:* Kick the hips up and back while pulling the foot off the ground
- *Most Common Mistake:* Weak inside knee hook with the non-kicking leg
- *Bad Guy Reminder:* Keep your base strong to verify the legitimacy of the sweep
- *Safety Tip:* Make sure to push the hips and pull the legs powerfully to minimize the foot crush
- *Core Principles:* Tension (14), Kuzushi (11)
- *Drill Orders:* Guard start, 1 rep, reverse roles

2. Sweep Follow-Up

- *Indicator:* Opponent attempts to stand up after the Hook Sweep is executed
- *Essential Detail:* Stand up in base and be ready to rush your partner before they stand up
- *Most Common Mistake:* Ineffective chest push during side mount Follow-Up
- *Bad Guy Reminder:* Get up slowly after the sweep to give your partner time to follow all steps
- *Safety Tip:* Bad guy should avoid placing hands on the ground to prevent injury
- *Core Principles:* Buoyancy (27), Depletion (18)
- *Drill Orders:* Guard start, 1 rep, reverse roles

3. Bonus: Knee Slice Open Guard Pass

- *Indicator:* Opponent attempts to prevent your open guard pass
- *Essential Detail:* Clearing the opponent's feet from posting on your body
- *Most Common Mistake:* Failure to achieve the underhook during the pass
- *Safety Tip:* Be considerate of the shin slicing onto your opponent's inner thigh during the pass
- *Core Principles:* Centerline (31), Frame (10)
- *Drill Orders:* Standing open guard start, 1 rep, reverse roles

Reflex Development Drill

Practice the

Hook Sweep – Guard (L28)

in combination with all variations of the

Kimura Armlock – Guard (L25)

and all variations of the

Elbow Escape – Mount (L12)

Fight Simulation Drill

1. Clinch – Standing – Aggressive Opponent (L7)
2. Pull Guard – Standing (L21)
3. Punch Block Series – Guard – Rollover Technique (L27)
4. Hook Sweep – Guard (L28)
5. Positional Control – Side Mount – Guard Prevention (L13)
6. Positional Control – Mount – High Swim (L3)
7. Armbar – Guard – High Variation (L19)

Mindset Minute

From Stage 4, focus on what your opponent is doing with their bodyweight. If they are leaning forward aggressively, chances are their feet are sprawled back and the best option would be a transition back to Stage 1. If they are leaning some of their weight, but not all of it, chances are they are standing with one leg more forward than the other. When this happens, chances are they are creating the perfect opportunity for the Hook Sweep, so verify that the foot is within reach and go for it. If the foot is out of reach DO NOT attempt the sweep, if you do, you may get knocked out.

Street Tip: Eye Gouges

Eye gouges are one of the most feared street fight behaviors, and if you aren't expecting them, they can be quite an unpleasant surprise. Regardless of the position you're in, the key is to get the over-arm positioning on your opponent, so they don't have direct access to your eyes. Alternatively, you can use any number of techniques, submissions or control positions that put your face too far out of the opponent's reach.