

Technique: Pull Guard**Position:** Standing**Overview**

In an ideal situation, you would be able to close the distance, establish the clinch, execute a takedown, achieve the mount and win the fight. Sometimes however, your opponent is expecting the clinch and is very resistant when you try to establish control of them. If you get into a clinch and you are unable to take your opponent down because they are too strong or you lose control of their hips, you have two options: let go and try again or Pull Guard. If you let go, you risk getting knocked out when you try to reestablish the clinch. If you pull the opponent in your guard, you can neutralize the punches, exhaust their energy, and eventually win the fight in a variety of ways.

Technical Slices**1. Pull Guard**

- *Indicator:* Opponent prevents you from controlling their hips after you close the distance
- *Essential Detail:* Quick surprise pull on the opponent's shoulders
- *Most Common Mistake:* Ineffective squat and hip shot
- *Bad Guy Reminder:* Make sure to back your hips away and stay bent over to simulate reality
- *Safety Tip:* Squat and shoot far back to minimize risk of the knee to the groin
- *Core Principles:* Acceptance (6), Kuzushi (11)
- *Drill Orders:* Clinch start, 1 rep, reverse roles

2. Bonus: Posture Prevention

- *Indicator:* Opponent is inside your guard and wants to establish posture
- *Essential Detail:* Using a single underhook or double underhooks to prevent posture
- *Most Common Mistake:* Failure to use your hamstrings to push south on the opponent's thighs
- *Bad Guy Reminder:* Make sure your partner doesn't allow you step over to full mount
- *Core Principles:* Prevention (13), Posture (16)
- *Drill Orders:* Guard start, posture prevention for 15 seconds, reverse roles

Reflex Development Drill*Practice*

Pull Guard – Standing (L21)

in combination with all variations of the

Armbar – Guard (L19)

Fight Simulation Drill

1. Clinch – Standing – Aggressive Opponent (L7)
2. Pull Guard – Standing (L21)
3. Double Ankle Sweep – Guard – Kick Variation (L20)
4. Positional Control – Side Mount – Guard Prevention (L13)
5. Headlock Escape 1 – Side Mount – Scissor Follow-Up (L18)
6. Armbar – Mount – Side Variation (L9)

Mindset Minute

Whenever possible, you should focus entirely on achieving the takedown and the top position. When you can't take the opponent down, Pulling Guard may be the next best option. Even though you end up on the bottom of the fight, by taking away their balance and incorporating your legs in the fight, you can neutralize their strikes and control the opponent with greater efficiency than if you were standing.