

**Technique:** Double Underhook Pass

**Position:** Guard

### Overview

In sport jiu-jitsu practice, passing the guard is of the utmost importance. But as you know, preparing for a street fight and preparing for a recreational jiu-jitsu tournament are two different things. In a street fight, there is a 99% chance that your opponent will know nothing about jiu-jitsu and, as a result, they will not know how to use the closed guard to their advantage. As a result, you will be able to pass their guard by simply trapping their hips and stepping over their legs as you learned in lesson 1. In the unlikely event that you find yourself in your opponent's closed guard during a street fight, you can use the Double Underhook Guard Pass to break their guard and get to a more powerful position of control. First, you will learn the Open Guard Variation that will work on 99% of people, and then you'll learn the Closed Guard Variation that can be used in a fight against someone slightly more versed in the grappling arts.

### Technical Slices

#### 1. Open Guard Variation

- **Indicator:** Opponent has you inside their guard with their legs uncrossed
- **Essential Detail:** Dip the shoulder under the knee and drive body weight forward for an effective "stack"
- **Most Common Mistake:** Failure to keep your head over your opponent's head during the stack
- **Safety Tip:** Tighten up your core (bad guy) to protect your lower back during the stack
- **Core Principles:** Overload (24), Mobility (30)
- **Drill Orders:** Guard start, 1 rep, reverse roles

#### 2. Closed Guard Variation

- **Indicator:** Opponent crosses their feet and establishes the closed guard
- **Essential Detail:** Solid posture and well-placed distraction strikes
- **Most Common Mistake:** Rushing to create posture instead of focusing on safe hands and submission prevention
- **Core Principles:** False Surrender (17), Centerline (31), Posture (16)
- **Drill Orders:** Guard start, 1 rep, reverse roles

#### 3. Bonus: Knee Split Guard Pass

- **Indicator:** Opponent maintains closed guard and you aren't allowed to use strikes to open their guard
- **Essential Detail:** Effectively pinning the opponent's hips to the ground while you use the knee to create tension
- **Most Common Mistake:** Failing to prevent opponent from creating distance after the ankles pop open
- **Bad Guy Reminder:** Try to keep your legs crossed at various intensity levels
- **Core Principles:** Tension (14), Centerline (31)
- **Drill Orders:** Closed guard start, 1 rep, reverse roles

### Reflex Development Drill

*Practice all variations of the*

Trap & Roll Escape – Mount (L1)

*in combination with the*

Double Underhook Guard Pass – Guard (L36)

*and all variations of the*

Twisting Arm Control – Mount (L35)

### Mindset Minute

When you find yourself inside the closed guard, don't be in a hurry to pass. Time is on your side. When the time is right, establish your posture and use strikes to break the guard, and then use the Double Underhook Pass to achieve the side mount. Also, once you achieve the side mount, prevent the re-establishment of the guard with modified side mount control. Only once they stop attempting to recompose the guard should you transition to the standard side mount control and prepare to achieve the mount once they've depleted a significant amount of their energy.

### Street Tip: Legal Considerations

Whether you're protecting yourself or someone else, it's important to know the legal implications of using jiu-jitsu in a real-world situation. While the laws may vary slightly from one jurisdiction to the next, the widely accepted definition of "self-defense" is the right to prevent suffering force or violence through the use of a sufficient level of counteracting force or violence. Here are the two most important considerations in determining whether your use of force was justifiable: 1) Is there an imminent threat? And 2) Is your response proportional?

### Fight Simulation Drill

1. Double Leg Takedown – Standing – Aggressive (L17)
2. Double Underhook Pass – Guard (L36)
3. Positional Control – Side Mount (L13)
4. Hook Sweep – Guard (L28)
5. Positional Control – Side Mount (L13)
6. Kimura Armlock – Guard – Rider Variation (L25)
7. Triangle Choke – Guard – Giant Killer Variation (L10)