

Metadata: https://www.youtube.com/watch?v=F_82E96AI1g

So now we're going to look at getting into the outside hip scoop that we previously spoke about in my previous instructional for passing. And we're going to go into the leg drag that we spoke about in the earlier sections. And then we're going to go for inverted heel hook. So very high percentage because open guard players keep the knees wide, right? So if you didn't keep his knees wide, this would not work. But anyone who keeps the knees wide to the chest, this will work very well. So he's going to go to his side. He's going to be framing here. Okay, it's very important that you understand we're going to stomp. We're going to go here, hand on the shin. I'm going to stomp, C-grip, scoop the hip, come around, stuff the knee in the middle, pull the thigh and his knee into my hip pocket, thigh into my hip pocket, come through, stomach pinches. And we're doing that same routine that we did earlier in the earlier part of the instructional. Following, shifting, catching, hand to the inside, pulling, finishing, inverted. We're not going to go too much in detail because we went over it in the previous section, but we're going to get to here and we're going to finish. So the main details here is just getting to a stomp, getting a C-grip while I put pressure in, scooping the hip right to a leg drag, stuffing the knee in the hip pocket, immediately putting pressure, shifting right into that leg drag, head to the mat, grabbing the ankle, shifting, prying it apart, catching the heel, and then catching and finish. So here, stomp, C-grip, all at once, scooping the hip, around, leg drag, stuff, post, through, head to the mat, catching, bringing around, catching that finish, nice and easy. So, scooping the hip, right into the leg drag that we did in the previous section, and then going inverted.