

Metadata: <https://www.youtube.com/watch?v=bKhjGugl3Jc>

Okay, so first thing You have to know where you're at, right? So you have to know exactly what half guard is I'll show you that and then we're gonna I'm also going to show you a little bit about overhook and underhook It's really only have two options when you're in bottom. You're either gonna be underhooking the person you're gonna be overhooking, right? You're gonna be young on underhooks coming up with an underhook trying to get up on top Maybe pull guard again, right or you're gonna be old man overhooks And you're just gonna overhook that arm and stay in your back and try to either finish them or sweep them from there Right, so show you what I mean. All right, so I'll be down here right first I just want to show you guys a little bit of half guard, right? So half guard is just half guard I have this whole leg, body, that's full guard, right? If I can get back to full that's you, right? Lock down Stop, this is the version of a half guard, right? You can even do something like this, people do all types of weird stuff outside lock down, right? Another version could be, he doesn't have the top half clinch and he's back like in the Z guard We call this Z guard, but this is still kind of a half guard What can I do from here? Put my foot in, so on and so forth, right? So let's move back this way a little bit. So now, right, no matter what type of half guard I'm in, I'm either framing This would be an underhook, see how I'm on this underhook, just pushing him down all the way We're in top half here, right? This is where I might have to have an overhook, right? Even if I can't get my arm all the way over, it's still right here This would be an underhook, right? And then Sid has options too, if I start getting up on my side, right? He can overhook my arm as well, right? I can have double underhooks, I can have both arms out there on his body That's something different too, right? Or I could be kind of like this I'm still in somewhat of a half guard, but I have an overhook, right? So usually we're going to be doing one of the two, right? So those were just a couple of different brief positions of half guards So you know what you're looking at, you know where you are, right? When you're getting smashed on the bottom or you're playing this position as a whole game, right? And those are your normal options You're either going to be overhooking, something's happening from there Or you're going to be underhooking and something's happening from there