

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

Okay guys, so now let's work to replace, to close guard from how, when the person is you know has the grip locked into your head and under your arm. So you know most of the time it's very difficult especially when the guy gain your head to do anything but then that shoulder is going to start you know putting a lot of pressure onto your jaw make you look away. So there's one way that you hook the leg then we lift him up because once he holds you tight with the hook as long as you pull the person slightly over you his hips gets much lighter so you have a bigger chance of lifting him up and then drop him in the closed guard. So when he has you know the lock tight so now look I'm going to grab his belt and if in case he has the knee up I'm going to start pushing because he need every time I push the knee he has to lock my leg or doesn't replace guard if I push it up and he doesn't react my next step is to replace guard. So every time you're pushing the person's leg you know he reacts so he traps my leg so I can't pull the leg out. So now with my left leg I'm going to make a hook right inside the knee so just a hook like a butterfly sweep on the butterfly so I'm going to make the foot deep into his leg now I'm going to grab his pants anyway I'm going to go as slow as I can and just grab doesn't really matter because they're going to have my hand under his leg sometimes I don't even grab I keep my palm open right under under his legs so now I want to pull the person on top that's very important that the main mistake people does replacing guard they straight away they want to lift the person up if his weight is down he's very heavy so that's why I grab the belt to pull him especially my right leg my knee is going to be doing this with him so it's going to be the knee and the belt I want to pull the person over me as much as I can the moment that I pull him so now my hand I go right underneath his knee and I'm going to sweep my leg now now I can lift him up very light especially if you if you're fighting with a bigger opponent or he's slightly bigger than you you really want to pull the person right over you then his hips gets very light and you can lock that close down you