

Metadata: <https://www.youtube.com/watch?v=H5B5Stbpn1E>

For the next technique, I'm going to use the Reverso La Riva to get under my opponent's legs and connect to the X-Guard. This is also a technique that is a huge part of our game here at AHA. The fact that I'm able to off-balance my opponent from the Reverso La Riva, it gives me the chance to set up the X-Guard. If you use the details that we worked in the last technique, where you have a strong frame, you have your elbows and arms supporting your knees, and whenever the person is pressuring forward, you're able to make them not post their legs and you off-balance them, the X-Guard will be very easy to enter. So Reverso La Riva gives control using all the details that I showed you guys, elbows supporting the knees, very good control of off-balancing. Now, my goal will be to move this leg closer to me. This is a technique that I use since I was Purple Belt. I have good control, I use my leg to push him. Whenever I do that, his head is going to go down, and he's going to respond to that by putting pressure on me. Just like any other technique in Jiu-Jitsu, you need to think about your opponent's reaction whenever you're doing the move. So whenever I push him to the side, I already know that he's trying to push all the way back to the center, and that's when I'm going to pull him and the legs are going to get much closer. So whenever I do this, he's pulling the head closer, I pull him. Look how he's on top of me now, but all my knees and my arms are supporting on his weight. Now, I let go the arm, I control the leg, and I start turning my knees to the inside. At the same time, I push the collar. Now all the weight is on the mat, look, he's posting his hands. I start pushing him further and adjusting my legs so I can create a very strong frame for the X-Guard. We initiate the position with a very strong control. I'm able to off-balance him, I create the action and reaction. So whenever I push him, he's giving the right reaction by putting his head in the center. Whenever I feel him doing that, I pull him closer, and I close the space, bring him on top of my knees. A big mistake here would be to extend my legs. If I extend my legs, I'll be in the Half Guard. So it's very important to stay strong with the base and this structure here. I let go the hand, I get the underhook, and I start pushing him further. Now look how my knee is creating space. Step on the leg, move my hip out, and I have a very strong X-Guard control. I'm ready to either stand up or start attacking the back.