

Metadata: <https://www.youtube.com/watch?v=f2MoluO6U9I>

I'm just going to run through this real quick because it is important when we're talking about defenses and going into guard passing from here. We want to, again, when we go to build to a standing position and to a kneeling position, kneeling and standing positions, we want to tuck our leg in, we want to tuck our heel in, we want to rock up like so, and from here we don't want to overexpose ourself and get our heel exposed. We want to immediately come up into this position and then crowd our corner with our head to put weight over our leg. Now we want to build up into a situation like so, where it puts out and away, and just like a ringy-ashy growly, we don't want our shoulders coming way over our hips like so and getting knocked backwards. And from here, we can grab this time our partner's knee and put a wedge inside of her knee. So when she gets to point my leg in this direction, fifth foot, when she gets to knock me backwards, fifth foot, when she gets to access my second leg, it's impossible, and we can start working to pass right from there. For more information, visit www.FEMA.gov