

Metadata: <https://www.youtube.com/watch?v=mmXS3Alw7Xw>

The UFC Invitational 4 had some very interesting matches, so I wanted to take a break from working on my Open Guard Instructional and the database to share with you some insights that I've taken away from this event. And I had the luxury of watching this event with some of the members of the Henzo Gracie School in Austin, so they deserve a lot of the credit for the insights and jokes that happen in this video. Break out the red panties! And I wanted to start this video off talking about counter-wrestling because it's something that I've talked about recently and something that's come up in my statistical analysis. Now going into this event, a lot of hype was being put on RBY and his wrestling background. But all of his takedowns in the match were just counter-wrestling, and most of them were sprawls leading to the front headlock. And the only one that was not a sprawl to the front headlock was in the final stages of the match, where Alex Perez tries this hip throw with his arm around RBY's neck. Which can work, right? It worked great for Fionn in ADCC, but it can also be very risky. Now I totally understand that although RBY didn't initiate any successful takedowns, he's using different tactics like grip fighting and angle to force Alex Perez into taking non-optimal shots that RBY is able to easily counter. And this part of stand-up and wrestling is admittedly something I don't know much about at this point. But my main takeaway from this is that it's going to be really important to get good at the front headlock, and it's a position that can happen from pretty much anywhere. Now from the top of the front headlock, one thing that RBY was trying to do a lot was step in between the legs of his opponent and kind of turk the leg a bit. Now I don't have any numbers on this yet, but I'm pretty sure we're going to see that the number one escape to the front headlock is going to be this person standing up. And when they do, it can be a good opportunity to transition to something like an ankle pick, which you see Anthony Smith doing beautifully here. Now transitioning from counter-wrestling to counter-leglocking. Here you can see Felipe Andrew is attacking the legs of Wagner Rocha, and Wagner is able to counter with an inside heel hook of his own. But before he applies the finishing mechanics of this inside heel hook, Wagner steps on the thigh of his opponent. Because Felipe Andrew would like to turn in this direction here to alleviate the pressure of the heel hook. So by stepping on the thigh, it prevents that movement and Wagner is able to get the finish, which is very reminiscent of Giancarlo stepping behind the knee of the great Owen O'Flanagan. So as Giancarlo applies his counter-leglock, Owen is not able to spin to alleviate the pressure. Basically what I'm trying to say in the first part of this video is that if your opponent decides to attack you in a downright sloppy manner, there should be consequences for that. If they shoot in on a lazy takedown and you end up on top in the front headlock, this should be very bad for them and have some serious consequences. But right now I think a lot of people aren't that effective at attacking from the front headlock, so the majority of the time the bottom person can just stand up to escape and then just try again. But I do think we're starting to see this develop a bit in the world of leglocks, where previously people would use things like toe holds to counter positions but not have any real control over their opponent so they could easily spin to alleviate the pressure. But now if you try something like a calf slicer, which can work but it's kind of a lower percentage move, people are coming up with better ways to counter it. So it's becoming harder and harder I think to just spam attacks on the legs, because if you just try to sit back and get a quick outside heel hook finish, people are getting better and better at making you pay for trying to take shortcuts. And that idea is something that's very interesting to me and I'm seeing it develop in the leglocking world and starting to develop a bit in the wrestling world. Now a lot of you are probably wondering how the heck I found this clip that perfectly illustrates the point I'm trying to make in my video. Well let me show you. I go to this website that I'm creating right now called the outlier database, and in the search bar I can look for something like takedown defense guillotine. And then I hit enter and it goes to find the footage where I've noted that this sequence has taken place in a match. And then I can see in this match here at 5:17 there's a standing single leg takedown attempt that is defended with a sprawl that

leads to the front headlock. And then right after that at 5:19 the front headlock top player sits for an arm in guillotine and transfers to an anaconda to get the finish. So this sounds pretty much perfect for what we're talking about so I click watch on flow and it takes me to the match and now I just fast forward to 5:17 and I see the sequence. So as you can tell I am very excited about this tool and I think it's just going to make my life much more organized and do what any good piece of technology does and allow both myself and all of you to do better work faster. And my developer and I are hoping to launch what we're calling version 1.0 of this tool hopefully late July early August. And if this interests you be sure to let me know in the link down below and I'll shoot you an email when it's available. And now let's get back to the fight pass invitational 4. The thing I'm trying to develop in my own game from an offensive perspective is my ability to pummel my De La Riva hook back to the inside. And someone who does this extremely well is Maragalli. Here you can see we're starting out in a pretty standard starting position of De La Riva where the top player is going to likely have one hand on the leg of your De La Riva hook. And Maragalli with his free hand goes to address that grip and since Cyborg doesn't want that to happen he grabs Maragalli's wrist. And Maragalli has this really good hand fighting technique that allows him to get control over this far wrist of Cyborg. And at the same time Cyborg's arm on the De La Riva hook is completely straight which allows Cyborg to put a lot of weight and pressure on that De La Riva hook but it also leaves the space for Maragalli to pummel his foot back to the inside. Which is exactly what he's doing and he's able to successfully enter into a Rimi Ashi. Here you can see Cyborg's arm is much more bent on that De La Riva hook and Maragalli is already working to get that grip on the far wrist of Cyborg. But then Cyborg is going to straighten his front leg and his front arm to pop out that De La Riva hook of Maragalli. And Maragalli uses it as an opportunity to pummel his De La Riva hook back to the inside. So a lot of it just comes down to the ability of the bottom person to make space for their foot to come back inside. And another way this can happen is instead of putting his hand on the De La Riva hook of Maragalli, Cyborg this time elects to grab the wrist of Maragalli. So he says cool I'm just going to make a little space for my De La Riva hook to come back inside. And here we see Helena pummeling her foot back to the inside against Emily Fernandez. And Helena takes this grip behind the knee to make it difficult for Emily to run away as she pummels her outside foot back to the inside. It's a very similar grip to the way Craig Jones likes to enter K-Guard. And we can see the sequence that I'm looking for happened at 4:50 into the match. Where Craig takes this initial grip with his right hand behind the knee of his opponent to make it difficult for them to run away while he switches his grip with his left hand. And Helena uses that same grip to create that initial stickiness while she pummels from a De La Riva type situation into an Arimiyashi. And if you're like dude I don't know what Arimiyashi is it's called Single Leg X. You can go ahead and search De La Riva to Single Leg X but it's going to show you the results in terms of Arimiyashi so if you don't know Japanese it's time to learn. And you can see this Craig Jones vs Maragalli match is the first one that pops up because again Maragalli is really good at this and does it a lot. But another person who is really good at this is Jeremy Skinner. You can see here that Jeremy is trying to off balance AJ down to his hip. But AJ is doing a really good job of keeping his balance. But as he's keeping his balance he's forced to let go of that De La Riva hook with his right hand. So now Jeremy's De La Riva hook is free so he says cool and sits up and pummels his foot back to the inside into this shin position. Here we see the same thing with AJ's hand initially on the De La Riva hook of Jeremy. And as he starts to get off balance AJ has to let go of that De La Riva hook and put his hand on the mat. And once that De La Riva hook is free to move Jeremy pummels it back to the inside. And in my opinion often times we're going to end up in this position here. Which I'm not sure the name of so for now we're going to call it the knee outside the hip position. But if you have a better idea leave it in the comments down below. And the amazing thing about this position is that if our opponent is driving into us we can easily enter the legs. And if it's hard for us to enter into the legs it's probably because our opponent is leaning way

off to the side or even sitting their hip down to the mat. In which case it's going to be very easy for us to wrestle up. So just as a general idea the leg lock and wrestle up dilemma is a big one. If we're in De La Riva and we're trying to bring our foot back to the inside to enter into a Rumiashi but when we off balance our opponent they just fall down. Well cool we'll just wrestle up. Or if we're playing more of an open guard type of game and we're really trying to pull them into us and get a hold of their leg. But if they're leaning back so much that their butt is on the mat it's probably just going to be easier for you to wrestle up and try and get to a position like the front headlock. Or from half guard if you're trying to enter into the legs and they're leaning way off to the side just wrestle up and then you can go back into the legs later if you want to. Whoa dude he hit him with a dog bar. So if we search for the knee outside the hip position you can see we have Jeremy here we have Owen here but we also have Luke Griffith occurring twice down here. And if we hop into his match with Rene you can see that Luke gets to the knee outside the hip position and then uses it to wrestle up. And in another match Luke again gets to the knee outside the hip position and then sits back to butterfly to get the straight ankle lock finish. And I think this is starting to become a thing at Team New Wave because we can see Dan here entering into the legs and immediately his left foot is working to pummel in as that butterfly hook. And Helena has been able to use it very effectively as well in the ADCC opens. And I think this makes a lot of sense because if Big Dan were going to be attacking a heel hook he would want to be on his right hip because this would allow him to throw in his reap to expose the heel and then ultimately get the finish. So Gabriel is trying to bring Dan to his left hip which makes it difficult to use that outside leg as a reap but easier to use it as a butterfly hook. And we see here even when Maragalli is able to turn onto his inside hip and throw in his reap, Gordon is still coaching him to keep his achilles grip all the way through the roll and then switch to a heel hook later if he wants. And the idea is that it's going to be much safer to keep an achilles grip because as we roll and we're belly down our opponent is going to try and use that as an opportunity to free their knee. Now if we still have control over their leg through an achilles grip it's no big deal and we can just follow them through on the roll. But as soon as we let go of that achilles grip to start digging for a heel hook, we're taking a bit of a risk because if our opponent is able to free their knee they've successfully escaped the position and now they have a lot of back exposure. So I think we're starting to see more and more people keep that achilles grip as they roll. The achilles grip can also be a great way to re-enter the legs. And we see Gordon here taking an achilles grip and doing what's called climbing the leg to recapture his opponent's knee. He then transitions to an outside heel hook and as Gordon is belly down that is when Yuri is able to free his knee and then start attacking the back. So here we see Jeremy from De La Jiva with a beautiful off balance towards the hip. And he uses it as an opportunity to bring his De La Jiva hook back to the inside and get to the knee outside the hip position. But he's kind of caught in limbo right here because he's trying to spin all the way around the leg and enter into cross ashi. But AJ is doing a good job of keeping his knee down towards the mat. So now Jeremy can't use this leg as a frame to prevent AJ from climbing up towards his back. But he still has this achilles grip which is saving him momentarily. And then he tries to go for kind of like a hell mary outside heel hook which I don't think he really expected to work. And then immediately just starts to get his shoulders to the mat to prevent the back take. So basically I think this knee outside the hip position is one of the best ways that you can play the leg lock wrestle up dilemma. But there is going to be a bit of back exposure we need to be aware of if we're not able to use our leg as a frame. But in my opinion it's a position worth studying and one that I see the best people in the world using quite a bit. Now in Nogi, De La Riva was kind of getting a bad rap for a bit because the top player was doing this Connie Basami backstep into cross ashi. So as the bottom player playing De La Riva, we need to be aware of this backstep. But we also need to be aware that as we defend this backstep our opponent can enter our secondary leg so we need to be ready to defend that as well. And if we go into the database and type in De La Riva

backstep into cross ashi we can see that Owen did this exact thing in ADCC. We're from De La Riva, he tries to backstep into cross ashi but Shonji does a good job of defending it. So Owen tries to transition into the other leg but Shonji again does a good job of freeing himself from the leg entanglement. But just as the top player can go from one leg to another, we too can do that as the bottom player if we can create the knee outside the hip position. Here you see Maragalli forcing Cyborg's knee outside of his hip, causing him to be off balance to the left. And Cyborg is pressing hard back into Maragalli to keep his balance. So we hear Gordon coaching Maragalli to bring Cyborg back to his right and enter into a Rimi Ashi. Three minutes down here in regulation. He's getting coached up by uh Sun's Anarchy star. So let's see if we can find an example of the knee outside the hip leading to a Rimi Ashi. And it looks like the ADCC match between Yuri and Maragalli had a sequence that went from the knee outside the hip position to a Rimi Ashi. But if we take a look at this sequence, he didn't really bring Yuri back to the right to enter into a Rimi Ashi. So that's not really what we're looking for here. So if we keep looking we can see this match between Ortiz and Kim that again has a sequence from the knee outside the hip to a Rimi Ashi. And this time you can see the bottom player from the knee outside the hip position is struggling to off balance his opponent down to a hip. So he brings the top player back to the other side and enters into a Rimi Ashi. And he's on his outside hip so instead of using his outside leg as a reap he pummels it in as a butterfly hook and enters into butterfly Ashi. So I think this is what Gordon was coaching Maragalli to do. But Maragalli wanted the highlight reel. And he tries to invert underneath and then backstep into cross Ashi on the far leg. But Cyborg is able to slip out and escape. But this happens again later in the match and again Maragalli tries to invert underneath and backstep into cross Ashi. But this time as the cross Ashi entry fails on the far leg he enters into a Rimi Ashi on the primary leg. Which is basically the same strategy as the top player trying to backstep from De La Riva into cross Ashi. And as the cross Ashi entry fails they enter into a Rimi Ashi on the other leg. So obviously there's still more of this event to cover and this video is already really long. So keep an eye out for part two. And if this outlier database website is something you're interested in be sure to let me know by using the link down in the description and I'll shoot you an email when it's ready. So again thank you all for the support and I'll see you in part two.