

Metadata: <https://www.youtube.com/watch?v=HOTmrlkfUb8>

So the same way that anytime we have an underhook we can and your opponent pommels and you're going to instantly go for an overhook, okay, you'll use overhooks to start to make the person base and post if you can't get any of those sweeps or triangles and transition right back into underhooks, okay. So anytime I'm in here like in a butterfly position, right, and I'm trying to use my underhook, sit back, sit back, and I'm trying to use my underhook to sweep him and stuff like that, if I can't get any control of this arm here, I'll always be able to make him lean, okay, so just like we use that overhook standing, get that arm off the ground, okay, I'll be able to use this to make him post, okay. So off of any of those positions, like let's say I'm in closed guard here, okay, and he's sitting back and I sit up on a wizard, okay, get your hand off the ground, if I sit up on this wizard and he's posting trying to get his arm out, I'll be able to use this underhook to make him post. Anytime he posts there, I can transition and start going for my underhooks, okay, so let's say he pulls this underhook out and gets his own underhook here, boom, I'll wizard, I'll start to turn to my side, sit up, make him base, as soon as he bases, I'm going to jump this arm under and start to work for my underhook now, so you'll be able to change from underhook to overhook seamlessly from here to here and not have to only rely on one of them, okay, so you never, the point of this whole instruction list, so you see that there's options for both sides, right, you want to be able to be really good at using both, so you can connect them both and always put a threat on your partner so that they don't even know what they're going for at that point, they're scared to reach for underhooks, they're scared to wizard you and it'll allow you to just put constant pressure on your opponent.