

Metadata: <https://www.youtube.com/watch?v=MHRQmfrEnY4>

That's the beauty of Quintet. It's all about sportsmanship. Yep. The Quintet event got physical at times and was overall a very exciting event. And there's a lot we could talk about. We could talk about the extended arms that were not finished. And how Jed tried this little leg hook thing that Cade pulled off against PJ Barch in ADCC. But even though Jay's arm was extended, he was able to escape on multiple occasions. There was also some nice stand up sequences. We saw some foot sweeps. And we saw the classic sequence where your opponent collar ties you, you thumb post, change levels, and double leg. We also saw Craig Jones hit this super crazy toe hold. And it seems like Craig always has some tricks up his sleeve and he had one from Half Guard. If you're subscribed, you're probably familiar with the idea of taking an arm drag grip on the far side arm. But Craig takes a very interesting arm drag grip that I'm going to start to experiment with. And as Gregor Gracie attempts a long step style of pass, Craig does a partial inversion just to get his foot to the lead hip of Gregor. Very similar to what we saw this kid do in the recent Aiga event. And this type of guard retention movement will lead nicely into triangles. It'll lead nicely into K Guard. It'll lead nicely into triangles from K Guard. But K Guard, in my opinion, has a time and a place where it should be used. And I think the plan is to do a deeper dive into K Guard in my next video. So be sure to subscribe and don't miss that. But in this video, I wanted to focus on what Craig Jones thought was the biggest flaw in the B Team's strategy and the Quintet rule set as a whole. This is a common theme and a common problem for us throughout the entire event. But before we do, I just wanted to remind you all about the outlier database. Which is initially a tool I was thinking about just making for myself to keep my notes and statistics organized. But there are a lot of you out there who are just like me that study a lot of match footage. So I thought it would be useful to share this tool with all of you. And this tool will show you statistics and direct you to match footage that you're looking for. So if this is something that interests you, check the link in the description below. And be sure to watch the features and limitations video. Because at the current state, there definitely are some limitations as we work towards the launch of version 2. And so far, there's been 682 people that have signed up. So there are 318 grandfather rates remaining. And that's our way of just saying thank you to the early adopters that have signed up. Because they see the vision and they want to be a part of it. And it's them that are making future versions of this tool possible. So if this is something that interests you, check the link down in the description below. And we'll see you in the Discord. But for now, let's hop back into the Quintet event. Shhh! Once we get to dominant positions like side control and mount, we want to start isolating limbs. And if you are able to successfully pin their wrist from mount, I really like this sequence from Joseph Chen. Where he pins the wrist with one hand and threatens the gift wrap with the other. And he just kind of goes back and forth playing this dilemma until his opponent's elbow gets a bit high. Ideally above his own shoulder. And when this happens, you could try and spin for an armbar directly, but I don't think this is the best approach. I prefer what Joseph did and use it as an opportunity to take a second underhook. And go into a double chest wrap, which is what you want to transition to S-mount. That, in my opinion, was one of the more beautiful things that happened throughout the event. But this is where things start to go a bit south for Joseph. And I think it's due to him being too committed to this gift wrap grip. This hand is responsible for keeping Gordon on top and addressing the grip of his opponent. And it's constantly bouncing back and forth between these two tasks. And when he's ready, Gordon attacks the armbar, making sure he falls with his hips facing his opponent's feet. And he's able to get a strong finish. But Joseph being so committed to this grip means he doesn't have a lot of base. So when his opponent bridges, Joseph falls. And he falls with his hips facing his opponent's head instead of their feet. Resulting in a failed armbar despite a beautiful setup. If you find yourself in side control trying to isolate a limb, you could hop up to neon belly and as you transition to north-south, look for an opportunity to pin their arm with your shin. And you can see as they reset J-Rod, they don't give him

that shin pin. So he says, okay, no problem, I gotta go back to neon belly and then try it again. Now this is a little bit of a detour, but I think it's pretty funny. So we're going to take this turn and talk more about resets. You can see here from side control, Nicky has a crossface and an underhook. And it's kind of unfortunate timing because he tries to bring his arm to the other side of his opponent's head as the ref tries to reset them. So it's a bit unclear what Nicky had at the time. So he just says, screw it, I'm going to take the best grip I can possibly think of with a tight waist and a deep crossface. And Owen's like, no, dude, you didn't have to do that. And Owen's like, no, dude, you didn't have this tight waist. So Nicky's like, okay, fair enough, I'll take my hands connected. But they don't let him start with his hands connected either. Which, like I said, I think it was a bit of a gray area and kind of unfortunate timing. And after watching the replay, I probably would have let Nicky start with his hands connected. But this one against PJ Barch is pretty funny. Where they're kind of going out of here in the corner, PJ has a two-on-one grip on the far arm and Nicky has this weave grip on PJ. But off the reset, Nicky's like, okay, cool, I'm just going to grab his leg. And PJ's like, no, get off my leg. And Nicky's like, oh, yeah, you're right, I had a better grip. My hand was actually inside your hip. And PJ's like, no, dude, he's able to lasso his foot inside just in the nick of time and get his two-on-one grip as they reset. So just a friendly reminder to all you competitors out there that these resets are something that people take advantage of. It seemed like Nicky knew exactly what he was doing and tried to upgrade his grips. Gordon does it as well. You roll out of bounds with a bottom side body triangle and you reset with a top side body triangle. So again, just a reminder that being a ref is a tough job, so be an advocate for yourself when it comes to these resets. Or you can take the J-Rod approach and just be super casual about it and try to work to get that shin pin again on your opponent. Now let's say you do get that shin pin and you're trying to attack a Kimura on the other side. You can expect your opponent to try and push off of something with the goal of freeing their head. But as their body becomes more perpendicular with yours, you can meet them halfway and transition to neon belly. And ideally get your hips underneath their shoulder to attack an armbar. And as they defend the armbar, you can go back to attacking a Kimura on the other side. It's the same idea that Dan and her talked about many years ago in his Kimura instructional. Always understand that as Matthias takes away the left arm from me, and he turns, turns, turns and takes it away, he always offers me the opposite arm. We see Gordon using this principle here beautifully by attacking a Kimura initially on the left arm. And as his opponent defends the left arm, he switches to an armbar on the right arm. PJ Barch did it a bit differently and went from a Kimura to an armbar, but on the same arm. And we see Amir using the same principle against J-Rod. As he's defending the threat on his primary arm, Amir switches to a Kimura grip on the secondary arm. But the process of isolating limbs is a difficult one, especially under the quintet format. Now in the last video, we talked about the idea of using self-frames for the purpose of guard retention. And the idea is you'll use something like a kickstand self-frame until you're able to make connection with your opponent. And once you have connection, then you can start to attack. But from Mount, we saw Jed using his chin as a self-frame to prevent his wrist from being pinned to the mat. And after trying to isolate the limb for a while, J-Rod rushes a back take that ultimately fails. Here we see J-Rod again not able to isolate a limb, so he just kind of rushes a triangle attempt. And this seemed to be the most frustrating thing for the B-team throughout the event. If you pass the side control, you pass the mount, and your opponent just shows up, does the home alone, you on top have to take the risk, so you're going to get called for a shito. The problem is the process of isolating the limb is a bit tricky. Now granted, Gordon was probably playing with his food a bit in this match, but when he was trying to do this strategy in Quintet, he was stood up from Mount. And we saw the same thing happen to Hyssum. So it's interesting, right? The Quintet format is designed to encourage action. But in order to submit someone in a contest, you have to be able to isolate the limb. And if you're not able to isolate the limb, then you're not going to be able to win. And if you're not able to isolate the limb,

then you're not going to be able to win. The Quintet format is designed to encourage action. But in order to submit someone in a controlled, reliable manner, it's probably going to take a little bit of time. And they don't give you time. And heel hooks are illegal, so they don't give you a chance to sit back on the most common leg lock finish. So ironically, in a ruleset like Quintet that incentivizes action, you can see some exciting matches with a lot of movement, but also not very many submissions. And the finishes that you do see tend to be more highlight reel finishes. Which, in my opinion, was kind of the theme of the whole event. And to me, this movement-based, flashy submission approach to jiu-jitsu is something that I personally would like to keep in my back pocket, but not structure my game around. I tend to gravitate more towards the style of forcing chest-to-chest half guard, getting your underhook, and passing directly to mount so you already have an attacking position. And Craig mentions this as something they should have considered heading into the event. So in hindsight, we probably should have been securing underhooks. If we do outside passing, throw the legs across, we will pass, but we won't land with an underhook. If we can use an underhook to pass, that's obviously going to open up better attacks, such as arm triangles, set up gift wraps to take the back, arm bars. So the idea is, from a position like shin-on-shin, you can take your underhook, get your head to the near side, and do a knee cut. And now as PJ Barch passes the side control, he moves quickly to mount because he has that underhook. And from there, he's able to take the back. And just as another little side note, we saw PJ using this figure 4 grip in the armpit to set up his rear naked choke finish. And if you're looking for this type of finish on the database, I've been referring to it as a variation of Katagatami. So if we search for Katagatami, we can see the different variations. And you can see we have our anacondas, we have our arm triangles, we have our darses, and we have our rear naked choke Katagatami. And luckily for us, this one has a YouTube link so we can just watch the finish right here. But getting back to the idea of using tight passing as a way to kind of set yourself up more for success once you eventually do pass the guard. It looked like this is something Craig was trying to do against Gregor Gracie, especially as a counter to shin-on-shin. We can see Craig almost baiting shin-on-shin and feeding Gregor his leg. But he makes sure to take that underhook and get his head to the opposite side. And Gregor's able to eventually recover, but they recover to chest-to-chest half guard, where Gregor again is able to escape. And I think that has a lot to do with them being only a minute and a half into the match. But as we get a bit deeper into the match and Craig uses this knee cut to counter shin-on-shin, you can see Gregor using this kickstand-style frame to prevent his leg from being smashed to the mat. So instead of smashing it to the mat, Craig dances over it and uses some beautiful foot pummeling to pass to side control. But there's not really any downside or penalty to getting your guard passed, so Gregor just kind of shelled up and took a very defensive posture. It's a mission only. People don't turtle. It's too big a risk. Points-based tournament, people will turtle to avoid getting their guard passed and losing those points there. Now do I agree with this? Yes and no. We definitely saw some people shell up and be patient with their elbow escapes from side control to avoid the back exposure. But we also saw some guard passes that led to turtle and the attacker was able to capitalize. But I think throughout the event, we saw a lot of examples of the defender going to their knees and the attacker not being able to capitalize from turtle or the front headlock. And this is something that I think Nicky Rod struggled with at the Fight Pass Invitational and it's something that he struggled with in this event as well. Now I think this is definitely a difficult skill to develop and we see the New Wave team working on it here. And the basic idea is that you're going to want to use your head and your body. And the basic idea is that you're going to want to use your feet in some capacity to help get your opponent's hands back to the mat. And a lot of times your feet can be used as a way to get your opponent's head in front of their hips. And if your opponent is in this posture, it should be relatively easy to snap their hands down to the mat. And Nicky Rod does a beautiful job of using a sumigeshi to get his opponent's head well in front of his

hips. And he's able to snap Owen down into the front headlock. But immediately Owen is able to stand up to defend. Now again, Nicky snaps Owen into the front headlock. But the story remains the same. Now in my analysis of the Fight Pass Invitational event, I agreed with Nicky Ryan that this was due to Nicky Rod being a bit antsy for the submission. One thing that I noticed is I felt like you were a little too gung-ho on just trying to get the figure four locked versus breaking him down first. He went to go start forepointing and standing up, right? And as he was forepointing and standing up, that's when you were trying to lock it and then his head eventually slipped out, right? So instead, what I would recommend you do is, like you said, break him down first. So versus just trying to immediately transfer the figure four as they're standing up, focus on breaking him down to a hip first and then going for the figure four. Now in this most recent event, we did see Nicky immediately try a high-risk guillotine off the front headlock. But that was as time was running out in the match and he might have been just getting a bit desperate. But as we see Owen here from bottom side control getting up to his knees, they end up in the front headlock. And after they go out of bounds and reset, we see Nicky trying to go into a cradle. Now it doesn't work and Owen ends up escaping, but you can see Nicky trying to implement this principle of breaking them down first before attempting your submission. I really like that idea because you're going more control first that eventually leads to the submission. But then we run into the same problem as before because often this control-based approach can take a bit of time to work. And without anything like strikes or a penalty to force the bottom person to move, it can be very, very slow-paced and difficult to implement. And again, the Quintet ruleset doesn't like this type of style. And because the ruleset favors movement and the B-team did a ton of loose passing, they didn't receive any penalties throughout the event. When we watched 10th Planet versus Team Sakuraba, there were quite a few Shido calls. And then in our series, I don't think there was any Shido calls. I kept hearing warning, warning, warning, warning, no Shidos. So it's hard to say for certain, but I imagine this would have been different and the B-team probably would have gotten more penalties if they would have taken the more control-based approach. So basically this whole video is just to say you're kind of damned if you do and damned if you don't under the Quintet format. But at the end of the day, you're not paid to win, you're paid to put on a show. There wasn't even any prize money, we just got paid to show up. So it's like, hey, just get after it, put on a show. And the way you do that is by hitting a blast double leg right into a knee cut, right into a spinning arm lock attempt. You don't sit forever and mount trying to set up your arm locks and set up your back takes. Instead, you counter leg locks with back takes. And I think the result was a very entertaining event. But in my opinion, a rule set like this one that encourages action will lead to some very exciting finishes. But ironically, there's probably going to be less submissions overall because people are not given the time needed to implement a control-based approach to grappling. And just a reminder, in the next video, we're going to continue talking about guard retention and specifically when and when not to use K-guard. So be sure to subscribe so you don't miss that. Check out the link in the description below if you're interested in the Outlier database and I'll talk to you in the Discord.