

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

Alright guys, so we're going to start from standing now, how to pull guard and what should be your first reaction once you pull guard. So most of the times, the guys focus on the end product, right? So oh man, I want to go and I want to pull guard, get to the burn bowl. So guys, your first thing, you want to make sure is you're going to pull guard properly when you're going to get a pass, alright? So you have the proper grips, so you're going to get here and start here from the match from this position. So in the line of division that I'm in, I have to be fast, but at the same time, I have to be fast and precise. So I'm not just going to go and rush and not have the proper grips. So the easiest grip to have is going to be always the collar. So if I treat, as far as the sleeve, he's going to just grab, bring his arm out a little bit. Sometimes the guys bring the arm out like this, right? To not let the guy grip. So I'm going to reach for the collar. Again, I'm going to tuck my elbow in. Everything's going to happen quick, but I'm going to slow it down. And my first focus is getting my knees to my chest, see that? As I pull. So it's the same concept. Now look at where my feet's placed in the same way as we talked about. And look at my toes, how they're actually gripping around the shoulder. And now, this is not good for me because here he can start pushing my leg down. So I want to pummel and grab his elbow and I want to pull him towards me. I want to engage, close my knees in. See that? So what he does now, he's going to always, of course, bring the knee. Now I have my shallow de la riva. But look at this angle here. See how my knees are coming together? My knee's not like this. A lot of the guys, they bring the knee, like, open. It's really easy for them to just pummel down, push it down. See that? Now he starts, when he squares off with you, it's not good, not good for you, playing guard. I would always look for to get him angle. So if he squares off with you, see that how he squares and starts shutting down my de la riva? You want to always make sure that you get here, you want to push this, or have him kind of turn him, pivot him, and attack. So he brings the knee in the middle, right, to prevent. So I start cutting angle. So as soon as I get here, I'm going to pull him tight to me, knees to my chest, and I start hugging him. I like to hug the leg here. If you notice how my grip is, I'm going to hug. If you notice here, I'm going to get in tight as I can, and I'm going to bring my feet, this is the same spot here, I'm going to bring my knees together, and I start, like, lift him. See that? Now he's off balance. So I can even get deeper in my de la riva if I want to, and get him off balance. For more information, visit www.FEMA.gov