

Metadata: <https://www.youtube.com/watch?v=okmiZOw33nw>

All right guys, so that approach that we talked before about hands first would be very applicable here. Like I said, like a lot of the kids, they will be with their legs open in the air. They know if they get here for too long, it's a little easier for me to do what I did before. Pretty much I get in an angle, boom, and switch the hip from position, and lock my arm in there. So they already get their legs a little higher there. So, I will actually have to bait him. I will try to pretend that I'm doing the same thing to get his reaction to lay down on their backs again, and lift his legs up. Okay, so from here, I'm not gonna try to go straight to this or to that. I will actually put the hands and try to actually drag him back, okay? Kinda like I wanna put his foot on the ground. What's his reaction? If he sits, I go around. Normally those kids don't do that. They're so flexible, they wanna be on their backs. Especially like this one here, a classical case, okay? So once I go here in slow motion, look, I engage first the hands, and I try to go there, I feel the reaction. Look, I'll switch the grip to that. And when I switch the grip to that, the most important thing will be, as I bump my hip, I do this, okay? Now, the biggest mistake that people do is that from here, they try to go straight to some kind of pass. I don't wanna pass. I wanna make sure that I put him on comfortable. So I'll straighten my arms, and I will push his leg back just enough for me to look, have this. I wanna have both of my knees under his lower back, okay? This is the most important thing to start all the game that I'm gonna be doing now. You need lower back control. Besides that, I need you guys to understand that having the knees in there don't mean nothing if you don't have the control of his hips. So once I go there, boom, boom, and I go, and I push. Look, the knees go there, and my hands immediately slide. So my shoulders are connected to his butt, and all I need to do is this, guys. Push him back. This. I'll get my hands connected. Gable grip, this, and my whole effort here, it will be to keep my elbows closed, and this hand not just controls the hip, but push the hip down. So this is what I'm doing now. By doing that, guys, you see how cool it is because his legs are always on my shoulder. Open the legs there, look. Try to break my grip. Good luck. Try to break my grip. And most of the time, when people get here, they have two reactions. The first reaction is to try to hold the sleeve to somehow step the leg over and try to recover the guard, trying to go to a spider hook or something like that. This is number one. Also, number two, they try sometimes to put the hand on the collar and do the no arm triangle here. But guys, how is he gonna be doing the arm triangle here, the no arm triangle here, if I'm pushing his hip down? Go ahead, Lucas. If I'm here, all day, boom. If I'm there, pushing the hip down, there's no arm triangle. I mean, no arm triangle, okay? So guys, from here, let's go over the first most common situation, which is when Lucas holds my sleeve and try to sometimes to recover the guard. Guys, if I get here, if I take here for too long, a flexible guy comes with the leg and will start to do this. Okay, so as soon as I get here, I want you to, instead of being nice and comfortable sitting your butt on your heels, you will actually put your toes on the ground. So let me show it from this angle, it's gonna be a little better to see. So from here, look, I will actually lift, drive my head forward a little bit, always addressing the hip, pushing the hip down, and I go there, look. So now I'm on my toes. When I have my toes on the ground, I have the driving power, okay? So with the toes on the ground, now is the time to make him smell his own knee. Making him smell his own knee always works. How do I do that? With my legs, with my hip, and with my own head. So once I go here, guys, look, drive the head, lift the hip, and drive with the foot. Look, right here. And now immediately, I cannot be there because I don't want his hip to connect on the floor here. That's the problem. So as soon as I start to do that, I choose a side, and look, I will actually now step in an angle and get this knee under. You notice that I'm blocking the hip always, and my shoulder's on his leg, okay? Now, guys, from this situation, is the smacking of the knee. He's super flexible, he doesn't feel anything. That's exactly the situation we're dealing with today. Once you have that angle here, guys, you don't need to be worried about the no arm triangle anymore. So we're gonna let go of the grip, and look, I'm gonna control the outside lapel. Try to do like a regular

stack pass, blocking the hip. He's still holding here. So what I wanna do is that I wanna maintain him uncomfortable, my left elbow closed, okay? But before I try to pass, I will address this grip. So he's holding this grip, right? The best way to deal with this grip is to actually not hold anywhere. Just let go. And then I rotate, and I try to hold his own wrist. By doing that, look, I shift the weight in there, and I break it. Hold it there, Lucas, again. I'm not simply trying to, from here, to like yank it. I'm just letting go. I rotate. When I rotate, look, I pin, and I turn. Once I turn, guys, look, I have my free hand. And I try to go basic. I'm a basic guy. I'm an old school guy. But he's very flexible. And what's the biggest problem here? His left hand will start to push. This is the biggest problem of flexible guys, because all they need is a little bit of space right there. Oh, here we are. So in reality, guys, what kills me here is by him framing this arm on my hip, and having a little bit of space to get the guard back. So a lot of people try to insist on the step, and they never finish, because of this. I have to fight this, okay? In order to fight this, I need to have a free arm. And I don't have that free arm there. So I have to make sure that I get a free arm. So let's start from this situation right here. So here I am. And look, my hand is in there, trying to go for the step. I'm on my toes, I'm driving. But Lucas is blocking me there. So guys, this hand that is here on the pants, I will let go, and I will try to get my shoulder behind this leg. So my grip goes a little bit higher. I'm still stacking, he's blocking me there. I cannot take too long, maintaining the knee there. This hand looks, my shoulder goes like, boom, look. Behind. When my shoulder goes behind, look. Lift the leg a little bit, Lucas, your shoulder. I rotate this hand to this. Okay? When I rotate his hand to this, it's still flexible, he's not being stacked, but look. What do I have now, guys? I have a free arm to fight this. That's what I wanted. I'm not gonna go here, because I know it's flexible. I'm gonna go there. So instead of trying to go through, I will hold, and I will actually do the opposite. I will break my hip this way, try to stack, all of a sudden, I break my hip the other way, look. Now, I'm already here with my elbow down. Try to recover here, Lucas, look. Damn, he can never recover. Because I'm having my forearm and my elbow blocking his hip, and I'm already passing the line of his knee. Nine in 10 guys, when you get on the side by getting rid of this, they'll try to do what to prevent? Turn the back. Try. Try hard. Can't turn. If my hand was high, he could turn all day. But when I have the hand turned, and with my elbow connected to the hip, they can't turn. Okay? So, let's go over again the whole thing. So, I'll engage first hands, never the leg. Down, up. Down, up. Boom, here I am, hand to hand. What is the detail? Elbow close, and hip always down. Please don't. Especially if you do the arm triangle all day with you. Connect, push the hip down, close the elbow. On my toes, make him smell his knee by lifting my butt, by stretching my leg, and by driving my head forward. And now, my knee connects, always on the toes. I grab the inside collar, he's holding my sleeve, hold my sleeve Lucas. So remember, I keep the stack, but in reality I want to make sure that I address this. So I drive, hold, and I always try to adjust the position in a way that sometimes I even use my knee to take it off. Once I take it off, look, then he goes back in there, and here I am, stacking. Lucas will do what? Push my hip, right thing to do. Like I said, if I come here and I take too long, he will recover the guard all day. I need to fight this hand. This hand is on the hip, sometimes the hand is more in the middle of the hip. This is just blocking me and preventing me to go. Okay, so what do I do? It's very hard to reach. So what do you do? You put your shoulder behind the leg, like this. Look, my shoulder's behind the leg. When my shoulder's behind the leg, look. Boom, I'll do the control of the hip. Guys, now after I do this, you'll be tempted to do that, but it doesn't work for him. So I will address this or that. So break the hip like you want to really stack. All of a sudden, you switch the hip the other way. As soon as you're here, you didn't cross the line of the knee yet, but the arm is out of the way. So what do you do? Elbow down, head passes the knee, boom, like that. My elbow is there, and then I finish on the side. Let's go to the opposite side. Boom. This guy saved my life from dealing with a lot of flexible people. So let me start from here already, so I don't waste a lot of time. My number one safe zone, pushing the hip down, elbows in. Okay, I go on my toes, and I make his melt his knee. Boom, boom,

boom, boom, boom. All of a sudden, what do I do? Reach the collar, move, and I get the knee here, guys, look. Remember, on your toes, and the knee's here. Break the grip, hand goes on the pants, and I try to stack. I feel that Lucas has no option other than pushing my hip. He's pushing my hip. I'm fighting, I'm trying to go here, but he's super flexible. If I take here too long, he will make sure that he recovers the guard. So I let go of the hand on the pants. The shoulder goes, look. So we have to switch the hip a little bit, look. So the shoulder goes, and you connect. Once you connect, you have a free arm. Once you have the free arm, great. He can use this other arm to push me, doesn't matter. I don't care, because it doesn't work because I don't want him to go from there. So from here, I will go in like I want to stack. All of a sudden, I go out. Once I go out, look, I need to pass the head from the knee as I drop my elbow down, elbow connected. Once I go there, he tries to turn the back, I just keep the weight, and I finish the pass.