

Metadata: <https://www.youtube.com/watch?v=GmvNttCRsx0>

The closed guard is another great spot to use the knee slice. Okay, let me show you how I do this. Repeat. Let me have you in closed guard. Okay, so, nogi. Can't take any grips. What you want to do is double up here. Okay, double up here. And start to come up here. Now, this is where I got to get flexible. I'm going to move back. I'm going to place one of my feet in the middle here and back up, back up. Now, there's a knee in the middle. Yo, that part I just did is tricky and takes a lot of flexibility and balance and not getting falling left. Very common people do that. Let me show you that again. Close the guard on me. Don't worry, I'm not going to hit you in the grind. Okay, boom. Post up. Post up. For beginners, this is hard because somebody's legs will be too heavy for them and they'll be like, they just fall over. You see it all the time with people in their first couple weeks of jiu-jitsu. So, you got to have good balance. And again, this is why I tell everybody to get a balance ball and start practicing balancing on that thing. It'll help you in situations like this. Okay, I'm going to get up. All my weight is pushing into Pete's biceps here. All my weight. And I post up and now I wedge my knee into his butt crack there and it pops up through the middle. His guard may or may not be locked on me. Okay, whether it's locked or not doesn't matter. I'm going to angle it this way. Not towards mount. I don't want to go towards mount. I want to take a shortcut into side mount and then pummel this underhook. You can post, but I post on my knee right there. Good. That's okay because I ruin it by taking this underhook. And now I post pull this up and I slice through into there. Okay, so closed guard. Closed guard. Can I post, right? Balance because I'm going to pop up. I'm going to get up. His legs are still locked. I got a wedge. One knee in the middle and now move back. You'll see the knee pops up right there. Now that's your cue. Start cutting to the side. Look at, you see my left arm doing this? That's because if I can just slip through an underhook, I'll take it. But if he pumbles, I pummel and I slice. And now look, block my bicep like you want to do it. Boom. Okay, let's look at it again. Closed guard. Good balance. Oh, do you see my toes? I'm sitting on my toes like this back here. I turn around back here. All right, you see how I'm sitting up on my toes? And now I go up, up. Boom. Now I'm going to slice my knee to my right as my left arm keeps the underhook. And I go up, up, up, up, up. Nice and high. Okay, now bring your hips towards me, Pete. Good. Now my right knee is going to smash his arm. Notice I'm maintaining this. If his hand comes across my face. Americana. Wrist lock. All right, okay. Okay, so closed guard. Closed guard. Okay, learning how to get your knee into the middle there and then back up so that it pops up there. Now his hand's posted, that's giving you an underhook. Once you see that hand posted there, underhook and slice. Now I'll lift up the other one. Lift it up, underhook, lift, underhook, lift. Move into side. Okay, so give it a shot. Good luck. Have fun. Pass through the closed guard there.