

Metadata: <https://www.youtube.com/watch?v=32Sd1J9ss3E>

So today I want to talk to you guys a little bit about top of butterfly, you know, I think we cover, you know, submissions, we cover some sweeps, but reversals, but now I want to cover a little bit some passes. Butterfly is one of those positions if you're not attentive, all right, you can get caught pretty easy, not on the butterfly, but in some other, you know, situations sometimes the butterfly offer you, like leg attacks, you know, some X guard, single axe, you know, a couple other good things butterfly can offer you. So that's the reason a lot of times I really like to pass butterfly grounded, you know what I mean, I really like to pass butterfly in a tight way. I never was a big fan to pass butterfly giving a lot of room by accepting going in the air and then from there do something, okay. So one of the passes I'm really big fan of butterfly is the ones I'm using the underhook, okay, to try to pass his guard. So normally start with my opponent, you know, having a grip already, okay, like this, and then I'm always trying to keep myself with my butt close to my heels. I never keep leaning against him because I'm kind of like, I'm kind of telling him something already. So I try to keep it like on my weight and making sure I'm controlling my own weight, okay, that way become easier if I'm looking for to do something here, okay. So now that's the way I'm going to be approaching, all right, against a butterfly. Now we're going to be seeing now my other hand here. Now everything, everything can start here, all right, with that hand. So that hand over here, so remember we know for to do a good butterfly my opponent need to have that butt over here, all right, that butt over here on the, out from the floor. If his butt is on the floor a lot of times he's not going to have the motion he needs to try sweep me. So one of the things I really like to do, all right, when I'm here, okay, I like to making sure, you know, I'm not need to even use this hand, I'm just pressing, all right, I'm pressing with my armpit, his arm down to making sure his butt get down on the floor. That's all I do in the beginning, all right, right now he need to be ready to go that way. You notice his butt here, how he's placing his butt ready to go. But now what I do, I just going to be start pressing, my hand doesn't touch the mat yet, but by the time I start pressing here, look at how his butt come down to the mat. So right now with his butt on the mat, now I'm thinking about, okay, now it's time to work. Now his form is not perfect, now I have a chance here to try work my pass. So when one time my hand touch, I lean all the way to my hand and I know he's off here. Now the second hand is going to start working. So when I'm here, take a look, when I'm here, assuming this position and using my arm, now my other hand going to come against his arm. So it's kind of like right now is a conversation here because if I put my hand here and he's ready to sweep, I'm going to get caught. But because he's off, he's not ready to sweep yet, but what he does, he still make a grip. When he make a grip, he let his underhook unsafe. And that's the time I'm going to be start working. In the beginning, underhook was protected. So it's hard to find underhook here. But as soon as he touch my arm, then the underhook go unsafe and then I can go. But I can't throw my hand under his armpit without throw something else either. So now what they're going to do, as soon as I let him off here, as soon as I touch, as soon as he does that, I'm going to go on my toes. I'm going to go here and at the same time, touch my knee on his belly and cut. When I cut my hand and watch my back and then my knee start sliding to come and pass his body. So at the same time I'm keeping my hand on his knee, it's just to open space for my knee. One time my knee start coming and I know he's holding my arm, my hand is going to go under his armpit. One time I got his armpit, I know my back is protected. After that, I'm going to start cutting my knee across his body. And then after that, you'll be doing, you'll be getting side control. Okay. So one more time. Notice how he's ready to sweep me here. Okay. Notice how my hand don't touch the mat. Notice how now I'm touching, how he's not ready to sweep me. Now I touch. Now he touch my arm. When he touch, I go on my toes. You guys see how my toes now is active. Now I keep holding his knee to making sure what? I'm looking for this. When I'm looking for that, my hand is still on the floor pretty heavy because all my weight is over here. All my weight come on that side and knock on his belly first. And now go under his armpit. I'm going to start

placing my head, cut my knee to the side. He maybe can think about doing this on me, but I'm holding his arm pretty well. I have chance to push pretty good here. And then from there, looking for the side control. All right. One more time from this angle. Sit down there. Okay. I'll turn this way. Again, ready for sweep, correct? So now one, two, when he touch, toes. Now I put a lot of weight on his lower back here. Plus my hand is incredibly busy. Now knee, knocking down his belly, under hook. Start going down to the floor, go to the side, push. All right. So that's one of the pass I like the most. Maybe you guys probably notice because I don't need pretty much any of the fabric. All right. To help me out. All right. We work with solid stuff. We work with like a weight distribution and under hooks, like, you know, putting solid things on air or any area. MMA, no gi.