

Metadata: <https://www.youtube.com/watch?v=PEKLGQaZ4ns>

So this following technique is a technique that one of my professors Sebastian Lally taught me when I was living in Brazil and it was very useful for me so I know for sure you guys gonna like it okay so I'm kind of like faking an attempt for the knee but waiting his reaction to get a pass okay so I'm here on the 50-50 and as always I'm turning facing my body so on this case instead of trying to get up or reaching for the sleeve I'm gonna get a grip on the pant here okay so whenever I get this pant here I'm gonna stand up just get up and then I'm gonna put my knee on the ground and I put my head on the ground now I'm gonna wait his reaction okay because now he can't get on top but he will try he's gonna do a pendulum whenever he does a pendulum I catch his his leg here so now what I'm gonna do I push the leg away from me this leg gets light take it out back in step and now I'm able to finish on the side control one more time seems complicated but it's not now look turn facing your body get a grip close your elbow here get on top as you get on top you put your knee on the ground in your head now wait the reaction he's gonna pendulum to sweep me whenever he can catch and move the leg away from me now you take your leg out back step and use momentum to push the leg to get on top whenever you get on top you finish on the side control one more time 50 50 make a grip close your elbow get on top put your knee on the ground in your head wait the reaction he's gonna try to pendulum to get on top catch it whenever I catch put my shoulder on the ground my head and my shoulder are on the ground putting my weight on top of to my legs get light that way my leg get light and I can use the momentum to get on top and finish the pass