

Metadata: <https://www.youtube.com/watch?v=DPFZ1Pn2g2Y>

All right guys, so we're starting in close guard position and my first reaction, my first thing I'm gonna think about it, it's my posture, okay? So I'm gonna make sure I'm gonna have my arms always on my partner so he doesn't pull me forward and break my posture and therefore he can't start work submission, sweeps because my posture is down. So first thing I would like to do, I like to have my legs open, okay? And my arms, my hands are always focused on his biceps, or hips, so that way he cannot break my posture and also he cannot start get under me, all right? So looking to the side, make sure I always have my legs a little bit open, I don't wanna have my legs closed or not too open, you know, because he can't get under me. So I wanna have my knees kinda like blocking his hips and my hands on his biceps, on his ribs over here, make sure I'm constantly preventing my partner from coming up, okay? What I believe is, if you wanna open someone's guard from closed guard, we gotta come up. You cannot open from your knees, that's what I believe because the person have way more leverage than I do. So first, what are we gonna work? I'm gonna start, come up, holding my partner's biceps. So I'm gonna start, get my hips a little bit farther and then I'm gonna start, come up. So we can come up in a couple different ways. We can come up, step in one, two, all right? And then from here, I'm gonna posture all the way up, okay? So I can start work to open his guard or I can just hop and one, so I get on the balls of my feet and then I hop and one, okay? So from here now, what I like to do, I'm gonna use my both hands. So I'm gonna start opening my partner's legs. All right, as I'm getting over here, my first pass that I like to do, I'm gonna wait for his legs to start getting above my knees. All right, from here now, all I'm gonna do, I'm gonna drive all my way towards this side and then I'm gonna drop this knee on the mat. So I'm bringing my heel towards my butt and then from here, I'm already reaching for his head and underhook, so I'm gonna do a quick pass so you guys can see that angle. So as his knee pass the line of my knee, all I'm gonna do, I'm gonna head control and underhook. And now what you guys really pay attention to my legs, I'm gonna bring this heel towards my butt at the same time, I'm bring the other one, all right? One thing I want you guys to focus, every time you land on someone's side, we gotta make sure we block our partner's hip. First thing he's gonna do when you get on the side, you're gonna start bridging and bumping and then you're gonna try to recover. So we gotta make sure we get hip to hip. So we're preventing that space to get open and then he recover, okay? So one more time, make sure we have a good base. Now we can work hips, biceps, make sure when you grab the bicep, I'm kinda rolling a partner's biceps back, okay? I just don't wanna grab and try to stay heavy. No, I'm opening, keep it strong over here. So look, my base, I'm kinda rolling my partner's biceps. So now we can come up with two ways. One, two, or we can just hop in our legs. So now we gotta push all the way up. So now, both hands, slide. So now in a full motion, underhook, and then hand control. So as you guys can see, like I'm already drop on the side, knee blocking my partner's hips. Now, I'm gonna connect my hands. You guys can connect, palm down or palm up, readjust the hip and your knee in, bring your partner to you, all right? So, full speed now. Close guard, control the posture, find the biceps, you know, hop up, both hands open. Now I'm just gonna pass, adjust the hip, connect my hands, and pull over the knee, and get a good side control. All right, guys, I hope you enjoyed this video. If you did, please give it a thumbs up, leave a comment below, and I'll see you guys next time. Bye.