

Metadata: <https://www.youtube.com/watch?v=te3OYW4uisY>

Most people don't think about framing from the top. Framing from the top is imperative. Framing from the top is what's going to stop you from getting reversed. You know, what's funny is... I don't think... Listen, I'm not saying it's 100% sure. I'm pretty sure anytime I was on top in my competitive career, I've never been reversed for points, ever. Now granted, I didn't spend like a ton of time on top. I was a guard player. I would get reversals towards the end of matches. I would get some leg locks from the bottom and stuff. But anytime I did land on top, I stayed on top. And that's one thing for sure in training. If I'm on top for the most part, I'm staying on top. For me to get reversed is very, very hard. And one of the reasons is for framing. The crazy thing about this, mind blown, is the framing from the top is very similar to the framing from the bottom. So, when I enter my partner's guard, my body... Again, man, this position is key. Except I'm coming to the hip. My other hand is waiting for Danielle to start sitting up to try to get that under her. When she removed that shield, my hand underneath her throat is keeping her down. Now, this is the same basic frame that I have from the bottom. From the top, even if she had this underhook, when I have this frame here, like, do something with it, there's literally nothing the person can do. What happens, the problem is this. People get overzealous. Your partner gets the underhook, they start looking for guillotines and stuff. I give up my neck from the bottom to get on top. I do that on purpose. From this position here, it's really, really, really hard for your partner to do much. Now look, yes, we can start coming underneath the leg as well. Think about proper position framing. When I come underneath the leg, what I'm going to do is I'm going to immediately step my leg up as well. Now, instead of bringing my hand underneath the head, you can bring your hand underneath the throat. Okay? For her to reverse now is very, very hard. Now I can start breaking my partner down. If your partner doesn't have the shield in, hands on the hip, underneath the face. Okay? Instead of trying to do any kind of reversal, very, very hard for your partner to do anything. Now from here, keeping your body teed the entire time, coming across your partner's body. Notice, when I sit for the head, here's a mistake people make. People go above their partner to get the head. I'm going across my partner. Get on your hip. Now I can go for the head across. You see the difference? I'm here rather than here. When I'm here, I'm very off balance. If I'm framing in this position, my partner tries to get that on their hook. Going for the head is a natural progression. Simply sliding through and locking down here. Okay? And my partner's in the butterfly guard. Hand on the trap. Partner starts sitting up, keeping your hand underneath the chin. Now you have to watch drags across your body. That's why my arm is going to start at one shoulder. Elbow comes across, touching the far shoulder. For her to drag me in this position is going to be very, very hard. If I'm not doing that, I'm breaking posture. But when I'm breaking posture, when I'm pulling the head, my elbow is in. I'm framing on her body. Pulling down. I'm not reaching above here, where she can just get the underhook. Or get the shoulder lock. Start looking for straight arm. Yes, Steph! Like, I don't... That was tight. Alright, that's what I don't want to happen. So I'm framing. One. Two. Three. Pushing the leg across. Hand in the hip. Always keeping everything in. If you can flatten your partner out here. Look what happens. When I steer my partner down, I like to club a lot. So I'll club, boom, down. And switch and steer. Getting my partner to a butterfly half. My hand is staying underneath the chin. Just like my frame would be from the bottom. But this is preventing her from sitting up into me. I know for me personally, if you stay underneath my neck on the top, Man, whether it's your head or your arm, you're giving me a ton of trouble to be offensive. Alright, so just something quick when you're on the top. Just remember, the proper positioning of your hands. Underneath that neck. Alright, you're steering her off on the top. Give it a try.