

Metadata: <https://www.youtube.com/watch?v=3mSLkXHqXUg>

So we're gonna do the same variation as we did now, previous, but this time my opponent is smart so he sees that he is in danger in the X guard, he's gonna try to back step right away. So starting from the Lajiva, he breaks off the grip, I'm getting the underhook, trying to break this off, I can't, so I'm gonna grab the collar, kick out, pull down, very important to have a strong and good pull, so I'm forcing him down, get him to the side, my foot goes from his far leg to the closest one, I'm lifting up his knee and go into X. Okay if Tommy is doing nothing I'm gonna sweep him here for sure, so most likely he's gonna try to do something to escape this position and what's common is people back step in here, so they do a back step. So if Tommy goes back, I talked about it earlier but it's very important that your X guard is not here on the far leg, but the close leg, because if it's on the far leg and he's doing a back step, it takes away my distance control, but if I have it on the shorter like this, so even if he's back stepping, I will have some kind of distance control here. So Tommy is now starting to get to a really good position in the back step, so again, there he does the back step, so I'm gonna use my foot here on the hip to create space for myself and then throw my leg under like the matrix position, my leg goes under his leg and I'm grabbing the pants, from here I can just pull him because he is in the air, so a lot of his weight is on his hip, so I can take advantage of that and just pull him directly to a back take and then secure the position. So from a different angle, starting here, he breaks it off, boom, here I'm going into X and here. So now Tommy is doing a really good back step, he goes slow, but my foot on the hip is giving me some room and now I'm just gonna throw my leg in and a good tip, if you're not so flexible or have good dexterity, you can grab your own leg, so you can grab your own leg and put it in behind his knee like this and now you grab the pants and you throw him with your arms and legs directly into the back take and you get the back. This scenario happens a lot when you play X guard because one of the most common ways to pass the X guard is the back step, so as you will see when you play X guard, you go back step, you can take the matrix, so it's all about timing and positioning, so it's very important that you have the right leg positioning as I talked about, so you have a short kick, so you have some form of distance control and from there you can throw your leg into the matrix position and take the back.