

Metadata: <https://www.youtube.com/watch?v=SAWvSovVk4A>

Now we're going to start on butterfly. We're here, we're fighting in, I go overhook. So I'm going to scoot away if I get his head down. A lot of times, like I was showing in standing, how I rotate the shoulder, I can do the same thing when I'm a butterfly guard. So I rotate, come over his head. If he lets me go to the head, I'm going to pull the outside, the inside leg, I'm going to pull it outside so I can go to butterfly half guard, shoot the half guard right here, step over, crunch the head, look for the finish. So we're on the opposite side, see my footwork. So he comes in and gets an underhook on me. I grab, I scoot out. As I scoot, I want to take my shoulder and rotate him down. That's going to push his head down for the motion I want. See how I scoot his head down. Now I grab the head. Now I pull this foot outside, block my legs, come over, crunch, finish. you