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Let's look at a simple way to transition from a closed guard, a very common position in the sport of Jiu-Jitsu, directly to half guard, which is our preferred option when we feel we have younger, more athletic opponents, so we get more body connection to them. Okay, closed guard is a good solid beginning position in Jiu-Jitsu, and it does confer quite a bit of body contact to your opponent. The problem is that most of the best moves from this position usually require quite a bit of flexibility. As a result, older athletes often struggle with this position in general. So instead of working for a position that requires a lot of flexibility, we're going to switch to another position that confers even more connection, half guard, which requires almost no flexibility. So from a situation where we have an opponent here, we're going to take our feet, and we're going to find grapevines on our training partner's ankles, just like so. From those grapevines, we're going to start off-balancing our training partner. From here, we're going to go underneath our training partner's arm, and then from this position, we're going to move our body out to the side. Now from here, our foot goes in front of our training partner's leg, so it transfers from outside into inside. As Brian comes in towards me, we now find ourselves in a simple half guard type situation. So with his feet to the camera, from here, I take my feet and put them in as a grapevine. I take my second foot, hook it in as a grapevine. Once you get one grapevine, it's very easy to off-balance an opponent and start taking underhooks. From this position, look how we turn over onto our side. From here, we take our foot and put it inside his leg. As he comes forward into a more stable body position, we now find ourselves in a classic half guard type situation. So a very simple, but very effective way to transition easily from closed guard into half guard. you