

Metadata: <https://www.youtube.com/watch?v=GTPzfkqPo8c>

So, tripod sweep, super basic, super easy to do, it just requires you to establish some grips first. So, to start, I'm just going to have my opponent lead with one leg, so he's got his other leg set up here against my hip, he's got control of both of my pant legs, perfect. I'm going to take my far side hand, and I'm going to cup his ankle, okay, so switch stance, I'm just going to cup his ankle nice and close to my butt. I've got a good, solid grip here, and then what I'm going to do is I'm just going to work on controlling the grips, so I'm going to set a cross grip, my foot's going to be on his thigh, I'm going to break the grip by pulling and kicking my leg out wide, and then replacing my foot, okay? And now, we're just going to work on maintaining this position for a second or two, okay? So, he's going to move around a little bit, and I'm just going to make sure that I have a good, solid control. When I'm ready to hit the sweep, okay, and I've maintained this position, I'm going to give a little push, there, to knock him off his base a little bit, and then I'm going to go hook the knee. My partner is going to do a good job of just keeping a grip on the pant, because it's going to help give me that realistic feel that I'm looking for while I'm drilling. So I'm in this position, I give him a little push, okay, I tighten up on his hip, I go hook that knee, and now I'm going to extend my legs, there, and we're just going to roll him back. Then I'm going to technically get up, I'm going to put my foot on the floor, up on my elbow, tuck that foot, and come right back into my base. Okay, so the big thing with getting this to work is you don't rush it, and you work that control point where I have my feet on the hips, I have a good, solid grip on his ankle, I break the grip, and I'm here. You've got to be able to control this so that they can't get out. That way, when you're ready, you just give him a push, pop him over, okay, and then we're going to technically get up. I'm going to use his hip in this instance, it's a little bit harder to do, but if you turn that big toe against his thigh, you can get up, turn that knee, and close that space off so that when that foot goes through, it runs into your other thigh right away. Okay, I'm going to keep this in tight and stay close until I start working my passing sequences. So again, we're going to be here, and all we have to do is maintain control, so I'm going to keep him close to me by taking a grip on the ankle. I'm going to break that grip off, and I'm going to keep his posture under control by framing my knuckles against my thigh. Okay, you can also use your forearms, so when he tries to stand, you're here. I prefer the knuckles because I feel like it's less strain on my grip, right? I can pretty much relax and still hold on to the grip, okay? So I'm going to dig those knuckles into my thigh, I'm going to keep my head off the floor, I'm going to take a grip, and I'm just going to control this right here, and when I'm ready, I can basically tension this up, my knee flares against his leg, I drop this to his calf, jump to his butt, post the foot on the floor, technically get up off that elbow, close off the space. Okay, let's take a look at it from this other angle. I'm going to approach, I'm going to control the leg here by the butt. I'm going to take a grip on the end of his sleeve, I'm going to break the grip, knuckles into the thigh, foot comes right back into place, and I'm just going to control here. I'm going to control the positioning, I'm going to hit a little extension here, get behind. Again, a little bit of pressure so I can pull the heel, and then bring him to the floor. Foot goes to the mat, technically get up off the elbow, and control here nice and tight, making sure that I'm closed off so I'm not open, and he starts setting a bunch of hooks.