

Metadata: <https://www.youtube.com/watch?v=0rTC4udv7Uc>

Alright guys, so this time now, the open guard but on half guard with the knee shield. Okay, it's a very common position for nogi, alright, when the person on the bottom has the knee shield, both frames, so you cannot get close and they keep a good distance, and they use that to set up sweeps and submissions, alright. My big concern on those positions, I don't want the person to start getting under me, alright, and of course, I don't want to get underhooked, let the person get underhooked on me, and I'm really concerned to the person get under and get underhooked on me, so we really want to focus on that, okay. By that time, we start focusing on those things, the person on the bottom can start opening up, alright, and we're ready to catch those things, to catch the space the person on the bottom is giving to us. So, the first position we're going to do, it's just a simple knee shield, like I have my knee in and he has the knee shield over here, okay, what I was trying to explain to you guys, like I was saying, to don't let him get under me, so this one, a big thing I like to do over here, it's keep control of this hand, alright, so how do I control this hand? You can do palm up, I'm sorry, your hand point up like this, alright, so I'm not trying just to squeeze his wrist, so imagine like I'm kind of setting up on his wrist or I'm sitting on it, keeping my weight on here, so you can do your fingers point up or your fingers point down, it's very personal, okay, now I'm on this side, so he have a knee shield over here, he probably have a frame on me, okay, so what I'm going to do with this hand, you can do two things, I like to use like as an L at the same time and start pushing him away, okay, or if I feel he's like really committing to get under me or I can just get my arm under here, alright, and then use as a cup right on his thigh, so I'm constantly putting pressure on him, so he should have the hand on me, alright, so now what I'm going to do to start passing his guard, I'm going to do a very simple one first, so you're going to start working for a bunch of different ways, depending on what kind of reaction he's giving to me, so here, first one, I'm here, so what I'm going to do here, I got to constantly remember that keeping pressure on my partner, so first one, keeping weight on it, I don't want to lose his arm, so I'm going to start putting my head right on his chest, alright, so I have post, remember, I use my head as my third hand, so now what I'm going to do over here, I'm going to start extend this leg, at the same time, circle out, so again, so you guys can see in a better angle, so you guys can see in a better angle, so my knees lock over here, with a lot of pressure, so you guys are going to feel really comfortable in this situation here, because your head is going to fall here really easy, okay, and my shoulder, look, I'm constantly putting pressure on my partner, so if his knees are a little off, I'm covering that, I'm covering that, and now look, my head is over there, so he should have that frame, okay, look, I'm shoe blocking that hand, because if I try to reach through his head now, look, don't get under, he's getting under me, yes, that's what people lose a lot, why? They start to get too thirsty, and they see the person's head open, but you got to remember that his shoe inside his guard, his shoe entangled here, so I'm not reaching for his head right now, I'm not reaching his head, until I feel my hook and my legs are free, okay, in order for that position to work guys, I'm keeping a constant pressure on my partner, all right, you got to keep that pressure, you got to keep driving forward, you got to keep going towards your partner, especially no gi, you know, we don't have that grip as we do with the gi, so we constantly got to keep driving and manage to put weight on my partner, and again, I'm not putting my weight over him, my weight is constantly on him, like I'm constantly pressuring him, you got to keep that, so again, here, my knee is inside, my knee is not out, we just got on here, maybe we start from half guard, and then from here, he boom, got a knee shield, I'm already got in my position, my hand, look, follow his hand, all right, most likely he's going to try to pull his hand away, yeah, that's fine, look, my hand is back there, find it again, okay, now look, you got to drop your head, you cannot kick that leg without post, all right, so now look, I'm keeping following this, so now what I'm going to do, I'm going to start expanding, and now look, what I want you guys to do, sorry, so I, he cannot hook my leg again, so look guys, I'm extending, look at this, one, two, all right, look at my hook, so

now he don't have my leg anymore, so now I'm not entangled over here on him anymore, all right, on this situation now, I might can start work to get his head, but what he's going to do, he knows I'm looking for his head, so again, be here, strong position, you're locking, so he's doing a really good job over here, you want to push me away, maybe pull me in and out, so I'm extending, hook in, all right, maybe his hook is still in, look, he got a really good job of keeping me away, so what I'm going to do, he knows I'm looking for his head, all right, so he's going to extend his body, extend your head, yes, that's what we're looking for, so look, I'm still driving, so now instead of go under, I'm going to go over, and now head down, circle, circle, and then stabilize the north-south position, okay, a lot of things can happen in the meantime, he can turn on his knees, he can give me his back, okay, but we're going to go over, and remember, I'm constantly putting pressure on my partner, I'm not releasing pressure for him, I'm doing everything driving forward, okay, so again, over here, got on this position, all right, so he's doing a really good job with the knee shield, all right, so I gotta free my leg, so how are we going to do that? Guys, pay attention to two things, my head, I gotta drop on him, if I not drop my head, I cannot extend it, all right, so I'm dropping my head, putting weight, if he keep holding me a little bit, it's all right, I'm holding my weight on him, so now extend it, so I'm not passing from here, I'm switching my hook, you gotta switch your hook, guys, so he doesn't tangle my legs, from here, if he's trying to go in bird or whatever, he don't have my leg, right, this one, this one is far from him, he's not going to get this one, definitely not, as long as I keep this leg far, but this leg, look, he's not having control of this leg anymore, all right, so that's why I give him the freedom to start go around, and now he's probably gonna start heapscape and try to get away from me, that's why, look, I'm going on his head, I'm going all the way around, I can go his neck, all right, I'm not stopping on this side, I'm going towards his head and maybe even all the way around, okay, so I don't stop until I get a hundred percent controlling position, so or I'm stopping north-south, or I go all the way around, maybe he's going to give me his back, or maybe he's just going to give me the pass, okay, so one more time, show you guys on this side a little bit, so you guys can see, so remember, from here, don't drop that knee on the mat, all right, so hand and middle, right in here, look, putting weight on him, putting weight on him, so look, now you guys can see how I clear this, so I just extend my leg and I'll circle, lock, so he's probably going to start pushing and heapscape, yes, so I don't go here, okay, not under, so look, over, my head driving him, keep heapscaping, so he's moving, look, going towards his head, I can get his back, or from here, just push him back and stabilize the side control, so I know all the possible things he can do, he can turn his back, but I'm going all the way around, don't stop on the side, okay, or go to north-south, or all the way around, all right, so I'm going to do it with the full speed now, actually, that's this way, better, so I'm stepping, we got here, so knee shield, all right, extend it, don't keep this leg closed, extend it, look at my head, if he start heapscape or push me away, not a problem, extend it, lock that hook, all right, my hook is out, he cannot get on my leg, so I don't want to go here, I do want to, I can do that, but most likely the person at the bottom, he's not going to give me that, he knows, so he's going to extend it, push, yes, so I go over, circle, look at my head, as you can see my head is right on his head, on his chest, sorry, so now go all the way if you need to, lock the seatbelt, pull him back, go over, stabilize the side control, all right, actually now I'm going to do full speed, so here,