

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

Before we go into some of the sweeps from X Guard, I wanted to show you a little drill that you can use for your X Guard control and switching sides. So this is how it starts. I'm going to have two hooks in on either side. And I'm going to be very conscious about this rocking motion while I do this. If I need more space, I'm going to widen him a little bit. So that'll work for me. So I'm going to kick my leg through and my hand's going to rock and scoop his leg. So I scoop his leg, get my shoulder close. Now I'm going to kind of kick off this one and lift my hips up and underneath him. And notice I've still kept this rocking motion to get underneath. And I slide in. I take it out. I wax on, wax off. I push. I kick the other leg in. Wrap. I hook my hips to get in again. This comes in. And the whole time I keep this rocking motion. I'm trying never to touch my feet or my hands on the floor. That's the goal. Now, some of us aren't always super fit or super athletic. So you might need, let's turn sideways. You might need something like this. You might need to put your foot on the floor and do a hip escape. You might need that. And your foot goes in. And you might need to wax on, wax off, hip escape. And if you need that adjustment, that's fine. Let's go, let's turn backwards so that I can see that adjustment. Okay. So this is what it looks like without it. Okay. Now here's what it looks like with it. So I might need to go in. Scoot. But I think it's a good thing to learn to rely on your core to be able to move you and your legs to swing as a pendulum. And my hands, let's turn them back around to the center. My hands, I try to keep them in connection, at least one of them within the entire time. Ideally both. Okay. So wax off, kick this through. Both my hands find them. Does that make sense? And I can go by the shins. This has a slightly different control. I kind of like lower. This is your half guard drill. Practice moving sides, developing your core, and developing control.