

Metadata: [https://www.youtube.com/watch?v=9IRDe\\_ccl8M](https://www.youtube.com/watch?v=9IRDe_ccl8M)

Alright, so passing the guard, okay, I feel that when we are passing the guard, we must keep pressure on the guy. A lot of times I see guys skate far away, jump side to side, side to side, side to side. We are working way harder than the person on the bottom, okay. If, the bottom line is, what is passing the guard? Getting close to him, but he tries to chase him in his life, right. So, if the guy is not pushing you, you are basically not trying to pass. If the guy on the bottom, he is constantly pushing, pushing, pushing, this is something very tiring, okay. He might be able to push for a little bit, but eventually he is going to start getting tired, and the more pressure I put on him, the better it will be. Even if it takes me a little bit to pass the guard, it doesn't matter, because the moment I pass, he will be tired, and then it is easier to finish. If we do a specific training right now, everybody is pretty fresh, so most likely you will get out, you are going to explode, you are going to push, you are going to be able to get out. But if you do a one hour training, then you do a specific training, it is going to be a whole different story. It is basically the same thing. If you put pressure, even if it is taking you a little bit longer to pass the guard, it doesn't matter, because the moment you pass, he is already giving up, he is tired, eventually he is frustrated, and then from there, it will be a lot easier to pass the guard, okay? So, we are going to start seeing one test that I like to do a lot from here, is whenever someone is laying down, one thing that I like to do is, I never like to put my hands on his body, okay? Here he is going to make a grip, he is going to throw a lasso, and it is going to start creating a lot of problems there. What I want to do is, my hands always go on his legs. It doesn't matter if he grips or not, my elbows are in, and I start controlling his legs, okay? Because here, it will be hard for him to pull my hands, alright? Even though if, like I can't really grip, but I will keep my elbow in, and not my hand out, because now he grabs, and I try to pull, now it stops. Now it is hard for me to pull my hand, okay? So, I always start with my hands in. If he is sitting up, I am going to start pushing, I am going to bring him down, now I am in this position here, my hands are always in. What I want to do, basically, is I want to start splitting his legs. I am going to start my leg in between his. It doesn't matter what side, one, two, I get to this point. The moment I get to this side, I am going to start putting my weight on the top of his shin, okay? So, I am going to go one, two, I basically just put all my weight on him, okay? I keep always my toes on the mat, and my knees are kind of pinched into him. And I am just going to put all my weight on him, I am not really concerned of making him rip or something like this. What happens here, he gets uncomfortable for him. It is very hard for him to attack, okay? The hand, if I go over this line, I am going to keep my hand pushing his shin down on this side, and all my weight is going to go on top of this leg. What happens a lot of times is, I want to create a reaction for him. If he just takes my weight, fine, I am going to kick him here, okay? Again, toes on the mat, everything is pushing into him. It will take a little bit, sometimes it can be a little bit quicker than others, but eventually the guy will start feeling awful, and he is going to try to push me. This is the perfect timing for us to attack him, okay? So, as I am here, when I feel the push, I am going to misguide, so I am going to turn my chest and my hip a little bit. I am going to bring his legs out, and now from here, I start getting closer to his legs. So again, I am starting, I freeze up, start pushing him down, grab the ankle, and now you go in, okay? Step inside, put all your weight, like I am sitting on top of his ankle here. It is very hard for him to create something, and then I just put all my weight into him, okay? The moment I feel him trying to push, I am going to turn. I don't turn and stay this way, okay? I want my weight to be on top of him, so the hip turn is just to get his knee here. So, when I feel him pushing, I turn, and right away, you come back, straight in this position, okay? Then, put your weight on him, and then from there, I am going to keep going. So, one more time. Start bringing him down, step, put your weight on him, okay? Really keep all your weight on him. If he takes a little bit, do not try to rush. If he is in, and I try to do this, in fact, it can be a little bit harder. So, just keep your weight on him. So, all from pushing down, he should stay here. Wait for that push. When the push comes, you turn, and then from there, you

have the smash position, and we are going to see how to follow from there, okay? Let's go.