

Metadata: <https://www.youtube.com/watch?v=LowKXx1vI4E>

Now let's see one variation from the open guard, same grips in the beginning but now I'm gonna switch my legs positioning and then I'm gonna go to overhead sweep. The secret about this one is to make her react so we're gonna push her backward and then when she tries to go back forward you're gonna use the momentum to sweep overhead. Another detail is about your hip when she's coming back you need to flip her over you using your back row and the hip has to go very very high because then you're gonna give momentum to follow her backward. Okay let's see so she's gonna be there standing up the grips in the beginning gonna be pretty much the same pants and sleeve, foot on the biceps but right now I'm gonna switch the foot that were on the biceps I'm gonna put on the hip and the hip I'm gonna hook just like the fake de la riva there so the same side I have the pants I'm gonna use the de la riva. I don't really need to put a deep de la riva because all I want here is to make her walk back. When she walks back as soon as she's creating space she's gonna wanna come back so that's why I need to use this momentum that she's coming back to sweep overhead. So this hook in here is pretty much just to push and pull push and pull so that's all I want that's why I don't need to put a very deep de la riva. So I'm here I'm gonna push her back when she's forced to come back I keep pushing she's just gonna come back when I let her go to when I'm ready to sweep overhead so I keep pushing here when I release a little bit of pressure she's gonna come and then I use the momentum she's coming pull the arm and use my legs. The detail here I have to switch my grip from the pants to the other arm I just have to block this arm because if I don't block this arm she's gonna pose the hand on the mat to defend the sweep. Sometimes I can still sweep but sometimes she's gonna block so it's better when she's coming back I switch the grip from the pants to the wrist okay so I'm here with the pants I'm gonna push her back when she's forced to come up I'm gonna use this to pull too and then hook de la riva everything together to let her come as soon as she comes I hook and I go overhead back row I follow and I come to the mount lower your hip pose your hand and I'm still holding the sleeve because this is gonna prevent her to start to push my knee down to get the half guard the secret guys in the back row is the leverage of your hip you need to do that to back row if you just try the regular back row you don't have power to throw them over your head it's gonna be too low in your hip so when she's coming here I have to do this higher your hip and then you follow back then it's gonna be a lot easier and she's gonna be a lot lighter to use to improve your head one more time also guys it's important to push them because you need the reaction of them coming back to you if you push them back and they don't push you to come forward you're gonna go to the other position that we did before sitting down and going to the sweep from the sit up this one is when they react putting the weight back to you okay so I'm gonna be here pants sleeve now I'm gonna switch the foot that's on the biceps gonna go to the hip the other one it's gonna make a fake de la riva right now I'm gonna push her backwards push there and I wait for the reaction of her to want to come back as soon as she's coming back until she's coming I release and I pull the arm the hook and I block her wrist everything together so from here this hand from the pants is gonna just block here on the wrist the hook that the fake hook de la riva gonna help to pull her to me here her leg push and pull in here and the arm also I'm gonna come but when I bring her arm here I cannot let her pose so as soon as I bring it here I switch and I push it down when I see she coming at the same time I block the arm okay so from here hold the pants push her away when she's coming back I pull everything and block the arm now higher hip and pull her back to the back row keep holding the sleeve and on the mat lower your hip to secure the mountain points one more time now I'm gonna do a little bit faster to see the real reaction because this position is all about timing so if you don't get the right momentum to do it it's gonna be really hard because she's gonna be too heavy to to throw over your head okay so I'm gonna start here biceps I switch to the hip to hook I push her back even sometimes I sit down here to make more pressure because when I pull back and I touch my back on the floor it's easier for me to get the momentum to

throw so I push her back when she's coming I block the arm fall back pressure on the floor hands on the floor to secure the point and hit it down lower your hip on the mount