

Metadata: <https://www.youtube.com/watch?v=8XqIZtf1FPw>

Ok guys, I'm here today with Gordon Ryan and Gary Toano, huge honor for me. Guys, today those two here will teach us how to build jiu-jitsu habits. So Gordon is going to teach the habits that he uses when he's passing the guard and Gary is going to teach the habits that he builds to do guard retention. So, let's do it. So, there are many habits that we can look at building when we're looking to pass someone's guard. One of the most important ones, and I'm not going to talk about all of them, but one of the most important ones when you're looking to pass someone's guard, specifically a senpai guard, when they're on their back, is to put yourself in a position where your partner can't entangle you with their legs for extended amounts of time. Any guard that your partner wants to play effectively requires one thing, a connection of their legs to your body. If they can't form a connection with their legs to your body in a meaningful way, then they can't play a guard. And in addition, you can start putting tremendous amounts of pressure on them by forcing them into flanking positions where they have to pull their knees into their chest just to retain the guard, and they can't entangle you to actually go into any offense. So, when I'm approaching a senpai guard like so, a big mistake everyone makes is they either just walk in naively and then he entangles me with his legs in some way, whether it be a delta heave or an ashi garami, whatever the case is, or they walk in where the center lines align with their opponents so that they clear grips, and then they just go in and start attacking my legs. So the first thing I look at is moving to positions where it would be hard for my partner to entangle my legs. So the second I go to walk in, instead of going in and just standing right in front of my partner where our center lines are more or less aligned, I just move to a flanking position where I just move in and I just walk to a slight angle like so. So now when Gary goes to entangle me with his legs, it's not an easy thing. Even if he strips the grips, before he does anything you have to face me or create an angle where now he can start entangling me with his legs. So just getting into habit, the second I approach someone on their back, I don't walk in and align my center line with his. I walk in and I move to an angle, whether it be out here like so, or whether it be out here like so. So now when he goes to face me, it's not an easy thing. When he goes to entangle me with his legs, I can start passing this way. But if he goes to really face me now, I can Toriondo and throw back to the other side. And I can start outflanking him and putting pressure on him through side-to-side work. So one good habit we have is when I go to approach my opponent in a Simpan Guard, I just immediately just scurry over to an angle. It doesn't have to be much. You don't have to go in and put hands on and aggressively throw the legs by. I just simply walk to an angle. And every time he entangles me, and obviously there are different techniques to kick out and free our legs, but every time he entangles me, I focus on freeing the leg in some way, and then from here, creating an angle. Or freeing the leg in some way, and then creating an angle. So it would be hard for him to entangle me with his legs, and he has to first face me, create an angle, and then start to entangle me with his legs. You're just building a basic habit of I go to engage, and then immediately walk into an angle. He goes to face me, I walk to an angle. He goes to face me, and I move him to an angle. I either move myself to an angle where he can't entangle me, like so, or as he goes to face me, I move him to an angle where now he can't entangle me. That's working from a Simpan Guard, going in and just initially putting hands on your partner, and making those initial grips. So it's always like you on an angle, you approaching him in an angle, or you forcing him to give you the angle? Yeah, if you're looking to fight, you got it. If you want to split the legs and go up the middle and start other passing moves, you can. But one great way, if you're looking to go into positions where he can't entangle you, is immediately to move to an angle, or if he goes to face you, you can physically move him to an angle. It's very cool because, man, how many people go straight forward, and then they're pretty much going towards the legs, right? So that's incredible. There's this unspoken rule where, okay, I'm playing guard, you engage my legs, and then you try to either break grips or get chest to chest, and you spend minutes entangling someone's guard. But if you don't play that game, you're

like, well, okay, you want to play guard with me, you want to entangle my legs, I don't want that. So let me just immediately move to an angle, I'll flank you, so now you can't even start to begin to play a guard. That's very exhausting for the guy on the bottom. Right, that's amazing. That's very cool. What about you, Gary? To keep things in a way that makes sense, I'm going to do more of a late stage guard retention technique, because otherwise I'd just be like, Gordon's like, step to the side, don't let him entangle your legs. And I'm like, entangle the legs. It seems like the antithesis of what he's saying, which obviously makes sense, but at the same time, I'm better at late stage techniques anyway. So let's go into a situation where Gordon achieves everything that he was looking for, he manages to take this flanking position, and Gordon suddenly realizes, you know what, I've gotten enough of a flanking situation here where I believe, and maybe he sees my knee separated from my elbow, I don't have a very good frame or whatever the case may be, Gordon says, you know what, now's the time to close the distance. I want to pass the guard, right? So he goes to try to get chest to chest. And this is eventually what this guy's going to have to do at some point. Yeah, he can stay in these positions, he can stay in these flanking positions for a decent period of time, try to tire me out. At some point, if he wants to pass the guard, at the bare minimum, he would have to go knee on belly. But most of the time, people are going to try to close the distance, try to go north-south, or try to go chest to chest for side control. So Gordon's going to go and bypass my guard, stepping to the side, getting his flank. I start seeing him coming forward. This is my signal, okay? If he's still out and away from me, I wouldn't want to do this because I'll unnecessarily expose my back. It's probably better if Gordon's still at a decent distance from me and I don't feel pressure like he's coming towards me to just try and do high legs and normal guard recoveries. But if I start feeling him starting to close the distance, one good method as I feel like he's starting to enter into that hole is to post on my training partner's shoulders. As I post on my training partner's shoulders and I feel him coming to try to close the distance, I give a degree of back exposure, but then I cover it with the mat. So I start by turning away. You're like, oh man, Gary's definitely going to get his back taken here. But then I tuck and I come up onto my shoulders. So now all he really has is hip exposure. The back is automatically coming to the mat. Now there's a couple different ways in which we can do this. I can turn and face my training partner if I want to keep playing guard. Or if I'd like to possibly maybe wrestle my training partner or something like this, I could roll to my shoulders and then I could eventually face my training partner. You can do a half grandy or a full grandy to recover your guard. This is especially important in late-stage situations. Say you're facing Gordon Ryan and you're like, oh man, I just can't keep up with this guy. I can't entangle his legs. I'm going to try to find a way to recover even if things look bleak and he's going to close the distance. So I kind of mess things up. I feel him closing the distance. Okay, I post, I turn, I point my ass at the ceiling. If your ass is like this and you're trying to roll over your shoulders, he's going to collapse me every single time. He's going to hug my waist, etc. So my ass has to come up in the air. My feet trace over my head. And like I said, I either face the opponent or I roll over my shoulders and face the opponent on my knees so I'm ready to wrestle and work back in a standing position. Gary, you were probably one of the most exciting people to watch. And I think one of the reasons is because you always get out of bad spots putting people in submission holds. So would you find some submission from there? Sure, this is a great question that Bernardo raises. And one of the things that I'm going to be teaching in my upcoming DVD is about principles of the sport. And one of the ones that I'm going to cover, and I've talked about this in other DVDs, I'm sure Gordon has as well, is the idea of maximizing your potential in a given position as opposed to just being satisfied with a basic result. For example, what we just did here is just guard retention. I was defending guard, I end defending guard. We're in basically the same position that we started in. What Bernardo's asking is, hey man, is there a way to maybe put this guy in danger while you're doing this? Great question to ask because we want to maximize our potential in the position. Hey, I don't want to just recover guard.

I'd love to be able to attack this guy after I'm done. So a couple different ways we can do this. My training partner goes to flank, I go to post, I start popping up on my shoulders. Sometimes my training partner still has arms attached to me and involved, and we can start throwing up triangles in situations like this. Other times, say for example, a situation where I decided to turn to my knees I do that full grabbing. A situation that might occur is after I turn to my knees and my training partner's in an elevated position, I can come in, tackle my training partner's two knees, maybe start working my body lock, passing, whatever the case may be. Because more than likely, I'm going to be at a lower level than the opponent in that sort of situation once he starts to see me inverting, etc. So I can see some leg exposure there where I can dive in and start hitting my double legs from the knees. So yeah, it's a great question that you raised and a great strategy and principle to follow that when you're recovering, if you see an opportunity to attack, you definitely should to break his cycle of attack and start mine. That's incredible. So guys, make sure to check out all the instructional videos from Gordon and Gary at [bgjfanatics.com](http://bgjfanatics.com) They're the very best instructors we have. And thanks so much, Gordon. Thank you. And thank you, Gary. Thank you both. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under See More Videos. I hope you enjoyed.