

Metadata: <https://www.youtube.com/watch?v=SssogFNSqs4>

Now, as we progress in stopping the Keron, okay, preemptively, so we're going to talk about another preemptive one I like to use a lot, but this one they can get a little deeper in and you'll still be okay, depending on how tight they are, okay. What's going to happen here is we're going to look at where his knee needs to be, we talked about it briefly in the concepts in the beginning, but we're going to look at exactly the pinpoint and the space I need to wedge something in so that I can get clean pass, okay, so when we're looking here and looking at the Keron, we talked about what he needed to actually make the Keron work, okay, and he needs to swing. If I'm upright, it's very easy for him to get into this, okay, go back, but if I get low as he does it and he throws that over and I block it and this hand gets low, okay, so this hand's going to get low, this is going to create a wedge in his pocket here, okay, and my feet, okay, are not going to stay here, they're going to turn outward and I'm going to pop a hand in between, okay, there's a hole here, every time he goes to do Keron, okay, what's going to make or break this is if this knee stays in the middle underneath my hamstring, okay, so if this knee's here and I want to dive or anything, it's not going to matter because he's going to have the motion to push me forward, okay, if I start leaning and I'm able to pull this knee up, I'm ahead and there's a big hole for me to start countering, it's really hard, okay, so it's really going to be dependent on you being on point with blocking early, staying low, turning your foot out, and then getting the hand in. Now, we talked about keeping the knee not internally rotated, with this move, I can still get away with having it internally rotated as long as I have a lot of control on his inside knee, if I have a lot of control, it's not going to matter, okay, but if for any reason I mess up and I'm here and this knee stays down and my knee's internally rotated, it's pretty bad for me because all he has to do is one chop in motion and he's in there, okay, so even though we can get away with this, alright, we want to stay low, put the weight on him, make sure his leg doesn't come around, push his hip opposite of where he's trying to go, put my hand in, you want to avoid that from the beginning, you want to externally rotate and be able to get underneath right away, okay, so you want to look at that concept, okay, you know what he's trying to do with Keguard, so we're going to take that rule of the knee being behind my hamstring and we're going to look at it for the next two passes. For more information visit www.FEMA.gov