

Metadata: <https://www.youtube.com/watch?v=f3a96gW9H-M>

Excellent, so continuing with a sit-up guard, one more. And this one is fun, honestly. I love this back take, very simple, and it's all about balance and reading our partner's weight distribution, honestly. As we are in a sit-up guard position right now, my partner has a strong posture and we'll open his knee up. Yes, now he doesn't have a choice. Either he will fall or he has to posture back. And as he does, this allows me to convert right towards the back. As I have the sleeve and the belt behind him, scooting up here will be very easy. And look, he's already falling towards me, kicking the legs out. We are right in the back control. This is a little bit more dynamic. This will require and challenge you a little bit from a drilling perspective, but believe me, you get this, it's like a candy, right, like a cherry on top of the sundae. Outstanding, we are opening the knee. He postures up, gripping the belt first. If I fall, now I don't have access to the belt. My partner can move, right? So coming back, reaching for the belt first. The belt will challenge his posture and balance. So as I'm falling to the shoulder, he's getting pulled already. My toes will engage. I will square slightly up, bringing the foot inside right behind. And notice now, he's essentially sitting down in the chair. What I do need to make sure that my knees are out and my shins are serving the surface where he will sit down. The moment he does, I will kick my feet forward and transition right to the back. Let's take a different angle one more time, just so you can see all the dynamics as they unfold. We have beautiful sit-up guard. Open up, reach, fall to the shoulder. My foot comes in, I'm squaring up. Knees come up. I'm pulling my partner and there he goes. Once I have the seat belt hook and comes in, come in and now we have back control.