

Metadata: <https://www.youtube.com/watch?v=o-QikDdg56M>

The next guard we're going to look at is the De La Riva guard. This is a little bit more of a modern guard for you guys, but totally fine. You're going to be exposed to it. You probably already have been, especially if you're like a blue, purple, or brown belt. It's good to know. Okay. So I'm going to show you basically what they're trying to do in this position. Scoot this way a little bit. Okay. De La Riva, they have the hook in, they have their foot on my hip. Maybe they have my collar. There's a lot of attacks they can do, but the basic thing they're going to be trying to do is either attack the backside of me by either putting their foot on the ground and then scooting themselves behind my back and throwing baby hooks in like this, or baron boloing me and dropping my hips. They're going to go behind me. Okay. Or they're going to go to the front of me. All right. They might kick my leg out, boom, and then rock their hip to the side, boom, and then start to like go to X guard or something like that. Yeah. Boom. Improve the position. Or they can attack like just from here. They can shoot triangles and things like that. They're going to attack the front and the back and they're going to use this De La Riva control to turn my knee and their hand on their ankle is turning my knee and forcing me to give them my back a little bit. So I'm always fighting this right here. Also the hand in the collar is always breaking my posture. So if they have their foot on my bicep or anything like that, it's going to be really difficult to break this grip. And also they're going to be attacking my balance by dropping his foot and widening my base like this. So this can be a very stressful position. There's a lot of tools that he's going to use to try to like thwart you here. Okay. General rule of thumb, whenever you're in a guard is to try to take away as much of the control as you possibly can. Okay. So right here, I see just three or four. I see the hand in the collar breaking my posture. I see the free leg, just free to kick my base or free to go on my bicep, make it hard for me to break my grip or the grip on my collar. I see the De La Riva that's attaching it to me and also turning my leg. And I also see the grip on the leg that's making it hard for me to move. Okay. If I can just get rid of a few of these, it's going to be much harder for him to attack me. Okay. So the moment you get in this position, you want to try to at least get rid of this hand on the collar by pummeling your hand inside, doubling up on the grip and breaking and posturing and like getting out of this stooped over position. Just as like the first thing you should do, just try to not let them at least have control of your collar. Okay. The next thing I would do is just try to pick apart all these tools he has down here. All right. Very simple way to do this. Once we've broken the collar, just to lock both your arms, bring your hands like right below the knees. So you have a lot of control over the end of his leg. If you push right underneath, it's not going to really come out. So I'm going right here and then I'm just pushing his De La Riva out and I'm turning my foot so that it's hard for him to put his De La Riva back in. Okay. So from this position, I'm kind of breaking the control down for him and I'm making it a little bit easier for me to survive in this spot, making it harder for him to off balance me and I can start like engaging and passive. Okay. So we're going to talk about a couple of passes you can do from this position, but I just wanted to give you guys an idea of like what you're going to be looking at. There's so many different attacks for him. It's impossible to go over all of them, but the general idea of like what he's going to be trying to do is going to be helpful and what you're trying to do to just be safe. Okay.