

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

We're going to talk about sitting up and when it's a good idea to sit up. So we kind of talked about this already. But if my knees ever get disengaged or someone's pulling my knees away from my chest then that's a good time to sit up with it and that can give us a chance to move and recover and retain position now where you don't want to do it is usually if someone's kind of like above the line. They've got some level of control above the line of my hips. Then I think that's a bad idea for example if Ari managed to pass almost a knee right or something here. Yeah, and I start trying to sit up here. This can often be a kipsa on your right. Like he's kind of got control here, and it's like trying to sit up. This is not good. I'm actually exposing myself here to arm locks and so on so. But where you would use it even like the things like a smash pass. There's gonna be a few scenarios here where Ari's weight is actually down near the hips. It's often a good idea to sit up like this because you now might give them two problems to deal with. He wants to go around my legs. But if he tries to go around my legs while I'm up it actually frees my start to walk around. It actually lets me build my base back up okay to stop me continuing to stand. Ari has to be in front of me because he drive back against me now. Yeah pressure I can't stand up here if he takes his weight off by trying to circle around. I actually do get a chance to come up to my knees and start building my face further. So it's a way of actually keeping your opponent in front of you in these kind of bad positions. Until you can start pummeling your legs back or stand up and start to recover. I just want to emphasize that we are talking about late stage positioning where my knees have started to be pulled away. We don't want to actively just sit up like this without being put into a bad position or or at the initiation of our match or fight where there's no grips that can be a good time to sit up to you.