

Metadata: <https://www.youtube.com/watch?v=jrV4AbZjH7Q>

This is pretty simple, before I get into tie-ups, it's going to go a lot with tie-ups. When you're in someone's guard, let's say close guard, it's not so much a left or right game, unless we're taking away angles, okay. Just focus on my upper body for now. Yeah, okay. All right, so you already, I already showed you some of the body positions that you'll come into when you're playing in this position. Now, what if I'm, depending on the tie-up will dictate the direction movement I go through, and I'll go through the three. One direction is forward and stack, all right. The other direction, posture, and the third direction, duck out. So one's up, one's forward, and one's back, okay. So forward, up, up, back, okay. So I'm going to relax my head, back, okay. Those are the three directions, okay, you're going to use based on what kind of technique he's trying to use you as a tie-up, an upper body trap, or whatever you want to call it. If you use the wrong one, you'll find yourself in a hover, in a bad spot, or an area where he can time you, things like that, more simple techniques, not less complicated, you know, less steps. That's the way you've got to look at it, okay. Because you use the wrong one, and he's quick, because you use the wrong one, and he's quick, was it something that he did great, or is it something you screwed up? Just always look at it like that, that attitude helped me out a lot when I was trying to figure this stuff out a little more than most. All right, so now next we'll get on to the tie-up.