

Metadata: https://www.youtube.com/watch?v=XC_kVmFm1Is

All right guys now let's add on a movement from our standard jiu-jitsu bridge where we're going to fall into a v-frame okay this is going to help create distance and recover our guard if we so choose. So let's we'll do it from a few angles see which one works best but partner will be in side mount and we do our asymmetrical or jiu-jitsu bridge here and now from this position we want to get our knee driving down connecting to our elbow here and if you remove the arm we're creating a v right there's probably some other terms for it as well but v-frame heel to knee connection to the elbow to the hand creates a v all right and then from here we can create frames start getting back inside and get our guard back okay yep different angle from here so bridge boom frame in create space so this will be a little easier to see uh solo anyways uh let's do it from here bridge here creating that v come back bridge v bridge v let's go five times alternating sides okay uh bridging over the right shoulder first three two one here we go bridge brief bridge one two three four and five good so uh asymmetrical or jiu-jitsu bridge to the v-frame position