

Metadata: <https://www.youtube.com/watch?v=JLz9RotItZo>

Okay, so one of the main guards that I like to force my partner to play on bottom is De La Riva I think it's a very one of the most like Common guards people are playing right now. It's a really good way to control one leg But I also think in Nogi it's very easy to get out of and if people play it in Nogi Be prepared for an onslaught of attacks It's not my favorite guard to play Nogi, but for some reason people use it to control the legs I don't think it's the most efficient way to do that I think that if you're really trying to control the legs, you should worry more about like a half guard Single leg X outside 50-50, but I think De La Riva in the game works great Nogi not so well But still a lot of people like to use it and one way you can force it to it's just having a good stance And when you see our partner in the open guard here instead of coming down here and giving him what he wants grips Etc. Head control, right? I'm actually just gonna be leading with the strong leg my favorite leg, right? I can put both but I'm always gonna lead forward. Okay nine times out of ten If the guy's a guard player, he will hook this hook in just for some control Maybe he won't sit there but he'll at least go there and let's work it now when they don't use their grips at first because sometimes Guys will just wrap you up when you enter. They'll just wrap you up. Okay, so this is a footwork It's high stepping with angles. We have a goal in mind. Alright, I'm not just trying to high step and evade and run away We don't do that We're using high steps to create really good angles for really cheap attacks that our opponents do not expect, right? Usually everyone's trying to pass like this Right close smashing. We throw a little finesse a little bit of precision We can actually make some really big things happen with just a couple of steps So the moment that he wraps up the De La Riva hook with no hand Sometimes they just use this is just for when he hooks with the leg. Okay, I'm gonna turn a little bit I'm not gonna turn all the way right? I don't want to get many angles and I don't want to give him this leg, right? So I'm just turning a little bit Just a little bit because I want to get this hook off my inner thigh right here with my bent knee He's got a really nice hook Okay If you really want to make sure this hook isn't that strong Just straighten out your leg notice how it pops out and if you really want to make sure you can't get it back Turn your knee out a little bit. That's just some food for thought We don't really got to do that for this move because I actually like to keep their foot there I just got to step a little bit. Do you see how the foot slides off my leg? So my foot I backed up a little bit right tiny bit of a pivotal step with my cross hand I'm cupping with the seat and I'm gonna grab the ankle. Okay, I don't necessarily have to if I wanted to I could just go Here and big step backwards and keep my hands ready. But sometimes it's nice to have a little bit of a control, right? So if you want you can grab and then high step just make sure that when we high step We're not trying to high step here towards like a reverse knee on belly He can be really close and still try to isolate the leg We're trying to go more on like a I want my foot to be right here by a shoulder or somewhere over there I want him to think I'm going in or south. Okay, so I turn I grab I set stop back I gotta be fast Don't be lazy because he can catch it Start going for calf slices and we got to do our evasion high steps to get back in neutral But we could have had a really good north-south angle as well right there. Okay, so we right here pivotal step Catch that ankle high step stomp back as if I'm stomping a bug. I need to get back there fast Robbie can see that. I'm almost at north-south here. Okay, so with this reaction, he's always gonna go here with his knees I already have one of the ankles. My other hand is close. I have a nice seat grip Okay, it's ready and waiting for his knee to come up. I catch both I'm keeping both feet away from me as I use my legs to finish the pass His guard is in my hands his weapon is his weapons are in my hands, so I'm gonna use my knees To finish everything else and when I'm passing I'm always trying to trap arms So with this kind of passing or my hands are busy and my feet are doing all the work Use your legs. So he's starting to grab my leg for like a calf slice, etc I'm gonna go knee on neck. Maybe I'm gonna go knee on torso I might even slide down a knee on bicep and start words Returning the side control just to get really good pressure on the way down once Our knees are on his torso. You just kind of want to expand look for your favorite grips to hold

side control down Be it a head and arm be it a double underhook be it reverse Underhook with like we're trying to like attack submissions and things like that Just that little high step will be enough big So even if he grabs it loosely, okay And by loosely I mean it's like a nice little ankle lock going this way just like that We're gonna do on the other side just like that. This is loose grip so Still same thing kick stop catch Keep your hands up If you don't really want to use your hands on the way out to not sell it just keep your hands ready when you get Here, okay, let's keep these ankles away from you and I'm stiffening them away. Robbie's gonna start trying to find his guard He's at a disadvantage here. I have the height advantage and my knees are so close to his torso I got knee on shoulder. I got reverse knee on shoulder. I got knee on belly I got double knee on torso and once I'm here and his hips are controlled by my knees I don't really got to worry about his guard anymore now I need to stop worrying about his legs and I need to worry about upper torso control So once you feel like you're kind of pinned down and you found your balance on his chest with your knees You can start bailing and finding your grips, etc. If you want to keep the arm, I'd recommend it It's great to isolate arms Etc. So I said again I enter you get that Delaheeva pivotal step now, let's say we step too big and they put both hooks behind Okay, high step high step me your foot out of there Okay, and sometimes if they only have one all I need all you need to do is just turn your face and look I have A really good angle. Okay, so if that ever happens and you feel like when you do this Delaheeva back step They put both hooks in try to square up This is in geek and geek. It would be more risky because they'd be able to climb up their grips, but no geek It's a little bit different, okay So turn kick stop hands up Pushing the ankles away using our knees to finish the passing. I love this knee on neck right here just to buy you enough time To get down to a nice control Wherever you'd like your favorite ones. We got reverse under hooks here. You got forearm control using those ribs to smash So that's the Delaheeva high step You