

Metadata: <https://www.youtube.com/watch?v=anILnQV2XGo>

All right, guys, so this last knee sliding move here, I wanna emphasize one part of the entire technique here that you wanna capitalize on drilling, okay? You could obviously drill the whole move beginning to end. That's ideal, that's the best. But there's one part of the move you wanna highlight. There's the switching of the sides, okay? It's navigating from passing on the left to passing, or passing on the right-hand side, really, and passing to the left. So you navigate across the body. That's the pivotal moment. If you can flawlessly, seamlessly pass from one side to the other, you can pressure your guy's guard a lot more effectively than if every time you wanna go to the other side, the guy ends up coming up on underhooks, or he sets up de la jivas, reverse de la jivas. So if every time you navigate from one side to the other, your partner gets some grips that he's looking for, you're gonna end up kind of breaking even. You're not gonna really end up winning the exchange. So make sure you drill this effectively so that as you navigate from one side of the guard to the other, you end up with the grips you want rather than him getting the grips he wants. So, that being said, we're in here. Again, we're going to the knee fold and he pivots out. Okay, this is the part you wanna highlight. Moving from passing to this side, right? My left with my right body facing him, okay? My left-hand side, his right, to moving to this side. Okay, if you navigate across the body and he ends up with underhooks or reverse de la jivas or good frames, you're not really getting anywhere. You're just doing a lot of movements and he's holding you off effectively. He's not gonna get tired really. But if I move from this side, I think I'm gonna end up on the other side here. I need my underhook and I need my leg up high so he can't really effectively set up de la jivas and good frames. So think about that. That's the part you wanna drill. You need that switch of sides to be seamless. Okay? So we're in here, we settle in. We prop up, turn, he goes into that shrimp right away. I crawl my body up, okay? Post the underhook, short, shallow on his hip. My hook here, okay? I don't want a knee slide from here. He's gonna put an effective reverse de la jivas. He can underhook my ankle or underhook his own knee. Okay, I wanna get my knee up high and way over the top, way as far that way as I can manage. Okay, so I pick up my knee in a circle like that and I butterfly hook his thigh. I don't want him to butterfly hook my thigh. That's a reverse de la jiva. I butterfly hook his thigh here and I jam my knee down and out as far as possible. So the drill looks like this. Okay, we're in here, knee fold, knee slide. Knee fold, knee slide. Whoa, whoa, whoa, whoa, whoa. Knee fold, knee slide. Okay, very slowly, step by step. I'm in here and my elbow in connection. Okay, it's about here where you're gonna start the drill. You pivot, he goes out, okay, freeze, freeze. As he posts his foot, you post your hand. As he shrimps, you bring your foot up. As you bring your foot up, you crawl forward and then you sink down. You look for the cross face and your knee touches the mat. Now you go back. Here. Okay, drill that until the navigation across the body is as seamless as you can make it and then move on.