

Metadata: <https://www.youtube.com/watch?v=vipFDqy1lxg>

Okay guys, Bernardo Ferreira here, huge honor for me. Guys, today I'm making this video for Pablo. Okay, so Pablo is asking a comment on my YouTube channel, asking what's the weakest point of my over-under pass, of my signature favorite guard pass, that's the over-under pass. So guys, the weakest point of my over-under pass is very easy to reply, and it's when you are doing no-gi, when you are doing no-gi, and my opponent is completely swept, and me too. Okay, so the over-under works really, really, really well with gi, okay, the end works very well as well, not as much as with gi, in no-gi, but when my opponent is completely swept, and the game became almost like the butter, right, that we are both like, very, very slippery, it's really, really hard to do the over-under, and I can explain why. So, over-under is the type of pass that we have to control our opponent's hips, okay, but when my opponent is very, very swept, he literally like, he's sliding himself on the mat, so it's very, very slippery. So, even though I control his hips, he keeps moving, right, he keeps like, sliding himself on the mat. So, it's different than the guard passing that you do like, controlling the head, for example, Heffler pass controlling the head. It doesn't matter that much if your opponent is swept, once you've got the under-hook and over-hook over there, and you've controlled the head, it's gonna be much easier to control. So, the over-under works really, really well with gi. I would say that no-gi works good as well, but it's like, this level, but when we're both are very, very swept, I would say that it drops like, to a level like that, okay. When I'm doing no-gi and my opponent is very swept, I even change, I don't even try to do the over-under. I normally try to do the double-under, I control the two legs and I just move to the side, or maybe I try to get the Heffler controlling the head, or maybe I try some quick, like, toriando, just moving my legs, my opponent's legs to the side, and things like that. So, very easy, very easy question for me, Pablo. So, what's the weakest part of the over-under pass? I would say no-gi when my opponent's completely swept, and try that also in the summer, turn off the AC, get a training partner, no-gi, train for 20 minutes, you guys will both get completely swept, and then try to do the over-under and let me know what happens. So, I hope that helps, and keep that in mind, because when that happens, I normally change the strategy. As I said, I go to the double-under, I try to go to the Heffler controlling the head, I try to go to a quick toriando pass, and things like that. Good news here is that most of the times that you compete no-gi, the 5-minute match, 6-minute match, 7-minute match, 10-minute match, sometimes it's not enough for your opponent to get completely swept, and the mat gets completely wet, okay? So, that happens more in training. In tournament, because you do one match, you finish the match, you get out, you get dry, your opponent gets dry, the mat's dry as well, normally they even pass the thing on the mat to get it dry, then the next match, you are dry again, and the over-under works again. So, most of the times that happens in training, right? Because it's the summer, it's one-hour class, 30 minutes in, everybody's completely swept, the mat's like slippery, and then over-under is not that efficient anymore. So, keep that in mind, and let me know what happens. Thank you, Pablo Ross. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed.