All right guys, so now I want to show you another variation to defend the over under pass. This time we're going to do a back row. So once again, the hip outside is crucial and grabbing the sleeve and understanding the timing that will make all the difference too, all right? Especially if this position is new to you. Okay, so when he's applying the pressure on me, I'm going to grab the sleeve and grab the belt. Rock my leg to keep my hip outside and my goal here is to frustrate him. I know that you want to angle my body and pass and here I'm very weak. I don't have any leverage here. But when I keep my hip outside, I'm frustrating him. So he might want to try and pass my guard now and that's what I'm looking for because as soon as he passes, I'm going to bring my knees to my chest and throw my head. Let's turn a little bit and throw my head right here between his leg and his rub. I recommend you guys to try to apply this technique as soon as your opponent jumps the leg. Before he pulls the foot, it's easier to learn. So when he goes, now I bring my knees to my chest. Now I look inside and then I can extend my legs in order to come up right here. But as you're learning this position, even though you miss the time a little bit, you can apply. But you're just able to apply if you keep your hip out. So if you jump my leg now, watch this. I maintain my knee inside so I cannot keep my my knee outside. Otherwise, I cannot jump. My knee should be here and as I bring my knees to my chest, now I just need to throw my head in and then I extend my legs. So one more time here. So I'm grabbing the belt, his knee, blocking, and then I pull top and we can connect with another technique. Once again. So really useful position. By maintaining the hip outside, you're able to apply this technique. And if you're new to this technique, if you feel like it's too complicated, I recommend you guys to understand the timing. When your opponent is jumping the leg, then you go. But as you're getting used to, then you apply even when you miss the time a little bit.