

Metadata: <https://www.youtube.com/watch?v=cj0SqsRyIno>

The closed guard is one of the great traditional positions of Jujutsu. It is used in all areas of Jujutsu, Gi, No-Gi, Mixed Martial Arts and Self-Defense. It is often characterized as the defensive holding position, but you will not see the real value of the closed guard until you start to see it for what it really is, a devastating attacking position that allows you to control and attack an opponent from bottom position through the use of advantageous hip position. The principal advantage of closed guard is that it puts your hips in top position over your opponent's hips, even though your body overall is in bottom position. The athlete whose hips are on top of the other athlete's hips will always dominate the upper body submission game, regardless of who was in top or bottom position overall.