

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

This is John Danaher, assistant coach of Team GSP on Ultimate Fighter Season 12. This could be the best experience of your life, or the worst. Exactly, and we have no f***ing clue what's going to happen. And you must be a f***er, because you're watching this f***ing idiot. I'm not going to lie to you, that's actually John Danaher being nice to me, unlike when I was lucky enough to hit the mats with the legendary submission instructor. The assistant coach from Team GSP is a technique junkie, and one of his favorite guard passes is actually from one of St. Pierre's archest enemies. One of the strongest half guard passes in all of his martial arts is BJ pin. His guard passing throughout his entire career has been one of his strongest features. For almost a decade he's dominated from half guard top and had tremendous success. Let's look at a variation of one half guard position which he often uses, with tremendous success at the highest levels of competition, and break down some of the key elements. My opponent has a good grip on my right leg and half guard, and as he should, he's gripping above my knee. That means he controls my leg. I want to get my knee free to the extent where he controls it below my knee, and then I have an excellent chance of passing. As he sits up, he becomes dangerous. So we're going to go in, we're going to take a near side underhook, hand on the floor, and from here I dominate his far side underhook with my near side. It's like so. I go ear to ear in this position. I walk so that Joe's knee comes down to the floor. Once it's close to the mat, I post it, and I free my knee. Now the only thing between me and mount is that foot. So I'm going to come up, I'm going to cross face and grip right here at the armpit. Get a good grip on my foot, Joe. On your foot? Yep. So he's got a good grip there on my foot, but whatever grip he has on my foot will be strongly negated by my cross face pressure. He's still on half guard. BJ gets that underhook to the left side now, and he has the mount. Now I turn out and hold. Once again, Joe, hold as tight as you can to my foot. He's holding now with a good grip on my foot. That's as tight as he can go. Strong, strong, strong. Come on, you're stronger than that. Strong, strong. From here, no matter how hard he turns on, boom. The mount. And he's in his half guard now, and he passed. He's mounted. He's got his back! He's got his back! He's got his back! A very, very useful, high percentage method of half guard passing. Combat proven by the great BJ Penn and many others. An excellent move that will add to your repertoire. He's looking to pass. He's got the mount. Penn looking to finish the fight. Fight School. Brought to you by Mr. Transmission. If your car is over 80,000 kilometers, why not get a complete transmission service for just \$79.95? Mr. Transmission. We speak transmission. While Strikeforce is getting set for their upcoming show in St. Louis, an event that features former Ultimate Fighter coach Dan Henderson, the car took a serious blow last week as former NFL Hall of Famer, Hurchill Walker, was forced to withdraw from his boat, as well as Valentin Overeem, the older brother of heavyweight champion Alistair Overeem, who will now be replaced by Mike Kyle versus Antonio Bigfoot Silva. Let's get you set for Strikeforce Henderson versus Babalu. He was a lot bigger last time I fought him, too. I think I was a little smaller, but, you know, it's nice to be a 205. I take this fight as a celebration. My career celebration is for me. Then, you know, we started a fight a long time ago. It's a rematch over 10 years in the making, as former top middleweight contender Dan Henderson returns to light heavyweight to take on Hinato Babalu Sobral. Henderson will be looking to erase the memory of his last boat, a decision lost to heavy underdog Jake Shields, where Hendo was rumored to have had a miserable weight cut, which sapped all of his energy after the first round. Jake Shields runs away with the last four rounds. And that's it. Now that he'll be competing at 205 pounds, cutting the extra poundage will not be an issue. But what will be a hindrance is Babalu's power and submissions. Sobral is 6-1 in his last seven fights and will be hungry to avenge the loss to Henderson from way back in February of 2000. But he must respect Hendo's striking. If he does not, he may suffer the same fate as he did when he lost the Strikeforce title to Gergard Mousasi. And speaking of knockouts, there's a very good chance we will likely see one when English slugger Paul Semtex Daly squares off against

American Scott Hands of Steel Smith. It's been over three years since Smith has competed at 170 pounds, so it remains to be seen if the weight cut will affect him, something that's also been an issue for Daly in two of his last four bouts. Smith's best chance to win is to take Daly off of his feet. If he cannot, Daly will likely use him as target practice. That is a British bomb if you have ever seen it. And the same can be said for the middleweight contender bow between ruthless Robbie Lawler and Olympic-Greco-Roman silver medalist Matt, the law-living. On paper, the law has no jurisdiction standing in trading with Lawler. He must take Robbie out of his element, put his back on the mat, and work to ground and pound his opponent into a submission or a decision. If he cannot, he may suffer the same fate as he did against another brutal striker, Vitor Belfort, who needed just 37 seconds to knock out the former top middleweight contender. That is rare to see Matt Landon put away like that. That was a full-blown knockout. Coming up, it was a season to remember. We're training in speedos today. Since George trains in them, we're training in them. Or forget. We look back at the season that was for George St. Pierre and Josh Koscheck when MMA Connected continues.