

Metadata: [https://www.youtube.com/watch?v=V4K\\_eaKC\\_Mg](https://www.youtube.com/watch?v=V4K_eaKC_Mg)

We're going to start to look at what he is probably going to do to defend, right? We looked at if he's just defending by kind of laying there and closing that elbow space and how we just use the open and far concept to open that elbow space to be able to knee cut, but Kyle, he's a crafty guy. You may recognize him from the ultimate fighter season 12 or your wildest dreams. So what he's going to do is he's going to lay down and we're going to look at this position. I have my grip, I had split the legs. I go to staple. What people love to do is they love to under hook this leg. If I start to let this leg get away from me, he's going to start to get it high and there are passes that require a lot of balance and a lot of flexibility where we're kicking over, digging our under hook and trying to finish that pass. Ideally, I don't want to have to do that. I want to be able to finish my knee cut, right? I didn't enter the knee cut to try to get to some like where I kick around his head. And again, I'm having to use a lot of balance and flexibility. So when I'm here, I'm going into my entrance. He starts to hook and you'll feel it. It's really common. What I do is actually take my heel off the ground. Kyle, is this fun? It's horrible. Okay. When I take, I'll give Kyle just a second to breathe. When I take my heel off the ground, he can pull on this all he wants. It's actually really hard. Usually my other hand just kind of cups his elbow or shoulder. He starts to pull. He doesn't go anywhere. The only problem is that space is very close. So to open the space, all we do is we open our leg just a little bit. His hand's going to follow. We grab his elbow and we start to fall into it. Okay. So I did it with the four, right? I didn't go to the under hook. A lot of times when I'm in those positions where there's like three or four seconds, right? He's trying to under hook the leg. I'm just keeping my heel to my butt. I know the super secret that he doesn't. He's trying to fight this really hard. I'm just keeping it. What I like to even add is we're in this like kind of middle ground. So I start to go to my under hook. My under hook starts shallow and I don't want a huge opening for him to repel me. Right? But if he does, it's not a big deal. We just go there. I start to open this leg. My knee starts to go through and we go there. Okay. What's really important about the under hook, the under hook will keep him down, but I noticed that sometimes guys are really, really tough getting on their side. So anytime we feel that we hug the head and then we use it to press him down. Okay. So again, I'll give you guys this angle. We're fighting the same thing. I have my grip. I start to go in. He goes there. I just put him in. Okay. You'll notice if you're drilling this, it's really hard for the person to pull it any farther. It was really uncomfortable for him too. He doesn't have a lot of options on where he can go because he's given up his own arm to be able to under hook that leg. So all I'm doing, my hands on his shoulder, we're digging. I'm opening and I'm using the point of my knee to go down. If you notice, and this is a really important tip and I'll highlight it here and I may not highlight it as much during it just because it's a little detail, but when I knee cut in this and he's really far on his side, I don't knee cut out, right? Because he's on his side. I knee cut down and I walk him flat with that knee. Okay. I'll give you guys one more angle on this. We're right here. I'm starting to put that pressure. He goes under hook. I put that in my hand on the shoulder. We get our under hook. We open. We start to go here and I open that knee. So it's like you're here. I just push my knee open and I end up in side control.