

Metadata: <https://www.youtube.com/watch?v=-GmEu4ckOdk>

Alright guys, uh, we have right now a situation that I want to talk. It's half guard top. Actually, I taught a private Friday and the guy asked about how can I like be comfortable on top position? What is my first step when I when people pull me to half guard and Was a very Fernanda was with me in the private. It was a very Very Interesting points that we learned together. So this is why I want to talk this one I wasn't playing to show exactly those did those details, but as a private ran so well, so I also share with you guys so The guy he brought brought me up. The question is about how can I beat frames? Shoot, sorry And how can I control my opponents of the body because a lot of times when we have half guard top? we kind of struggle to Get pressure on top in the game as we have like access to call it and bouts and whatever we can kind of pull ourselves Against the opponent's frames, but it's not necessary And also it's not enough if you want to beat frames and shields, right? So we're gonna see two different approach to be his shields and frames first one We're gonna come up on the feet and then just a little bit just elevate the level a little bit use head position and walk to flat Fernando's Back on the mat and the second option. We're just gonna use some Steps around with knees on the floor So the point here that you guys have to learn about is every time I'm sitting on my knees Even if I even if I hold Fernando's gate, I can't apply pressure why because Even if I pull myself like using the like my whole energy here is gonna be hard to making him Feel my body weight. So most of the times when you guys get top position Your pressure not most of the times every time you guys get top position your pressure Comes from your head position not from your grips your grips only gives you support To maintain top position and also find some balance in situations that you're working with your legs in a weird Configuration, but your head let's say that I'm here I have my both knees on the mat and I have access to bail on the back You guys can can you guys can't see what you guys understand what I'm saying? And you guys can have access to the collar he can't avoid this kind of collar He can kind of fight against my arm, but at some point is gonna be easy to grab the collar, right? So if I keep myself on my knees with my head high and I try to pull my elbows against my body to apply pressure Fernandez, of course, he's feeling my strength, but he's not getting tired from this type of action if instead of keep my head high and use my elbows to apply pressure I just Just generate enough Tension here on my arms to find some extra balance and I start to drop my head positions My head position and sprawl back. So I start to switch my body weight from the mats To my upper body. So it means the more I move on top the more I make it closer More Fernanda has to push me away. Yeah to not allow me to connect chest to chest So it's always a battle about where my head is being placed in where his frame is is So I can relax here of course If you want to install a match or if you want to just not be affected and pass a guard you can literally like stay On the knees here But allow him to anything else so you can progress But if you want to be a good you get to fire you have to start to use your head position on top In any scenario you are so it means why the legs Move the head closer to your opponent's foreshoulder like here and then you can start to generate pressure and then find your Your ways to get chest to chest. So first method we're gonna do as I know that every time he side on His upper body frames and his shields will work. Well either shield on the hip or on the shoulder Because he's side on his body configuration Helps him to not spend energy to frame. My goal is to start to flat him on the mats Because every time I flat him on the mats, he has to use two actions one He has to heapscape and bring yeah heapscape and bring his shield back So it means he have to move one step more to recovery So every time I flat him his legs are in a vulnerable position Any distance he creates between his knee and his chest He's just weaker and weaker so when he starts to move his leg is super easy for me drop my level and then control his hip and second Difference that we have for flattening my opponent is when he's side on I'm fighting against not just the upper body I'm fighting against because he's I'm fighting against his bones The frames are strong when he's side on because I can't smash his arms, right? so it's literally his joints that is Carrying my body weight when

he's flat because I did a good job walking around the hip every time I drop my body weight here So the minimum effort I do shaking my body on top. Look at how his arms shakes in a different way It just happens because he's benching press me right now So it's he is not your joints that is holding me on top is your strength because he has to bench press me So this is why we have to flat the opponent first and then second we have to fight to get chest to chest and to get on their hooks and use head position to apply pressure and Everything you guys probably know but also we are talking again right now So flat your opponent is your main goal in half guard and this is why we are talking about those Quick details to help you guys in that scenario. So how are we gonna flat him right now? Hand on the bell hand on the collar first method on the feet So I come up on my feet like that and then instead of try fight against his upper body I'm just gonna get stuck on his frames and shields. So I have to walk around his hip So how I do this this knee that I have Outside half guard so I'm gonna start to drop my head level and apply pressure on his upper body My outside leg from half guard. I'm gonna come and point inside to inside my opponent's hip right here So I'm gonna shift my body and point both knees the same direction. So right now my head position. I keep dropping myself Over Fernando's frame and I'm going to step around with the leg I have inside half guard So first one I cut against the hip second one. I open my leg and walk around Flattening his hip and back on the mats. So in here I feel I cannot apply pressure Just having my head up and grip so first step drop head position So I start to feel his pressure on the frames. So I come up on my knees So when Fernando tries to push me away It's gonna be very difficult. So what I do cut my knee, my outside leg against the hip, widen my leg and walk Until I get this position the first pit stop we have I normally call to my students chest to hips. So my chest is inside Fernando's hips I can touch my own knee like here with my elbow and I can kind of lock my body in that situation so I have him in the collar and I can pretty much avoid any kind of Hip movement that Fernando can can apply even if he bumps against me I can keep my chest connected or even if he bumps outside It's hard. It's a very tight position. So this first pit stop helps a lot you guys to build chest-chest connection So second thing that we're gonna do right now We're gonna apply pressure on the upper body without losing The control we have on the hips and how we do this So when I'm moving my head to apply pressure on the upper body Frames if I move my head to the same side of a passing half guard It's so easy for Fernando to push me away and bring his shields back and then we are done. We have to work Around his shields again and start from zero So every time I'm applying pressure on top because I have my support from the hand in the collar and There's also this hand on the belt. I can move with freedom easily So I'm gonna start to use my head position on the diagonal line like here covering his shoulder While I'm doing this I start to gain space With my outside arm like here so you start to cover everything and you can show my opponent's shoulder So I can literally post my hand like here or if I have access to the collar I can also grab the collar but grab the collar is gonna be too much work in the real scenarios and in quick transition So just the hand on the shoulder is fine