

Metadata: <https://www.youtube.com/watch?v=SFCeKY6UrlQ>

Alright guys, today in this video I'm gonna show a variation from the half guard, a half guard sweep or back take, right, and I'm gonna show one way to get them out from this situation. So like I have said before here, when my opponent tries to get this position, first thing that I have to do, once he's passing and switching, right away I have to turn, but look my elbow with my body, and I turn, right, why? Because in that situation what he wants, he wants to get my back flat on the mat and then control both of my arms, because here it's gonna be hard for me to do anything, right, so that's why once he turns right away, even if I don't have like space, look, I push and I turn, right, so look, this hand, the whole key of the position is what, is this, right, the elbow, so come back a little, so once he's like he's doing this, look, right away my elbow just keep, I don't open, right, just keep it here, and then he turns, right, no problem, but look, here it's easy for me to turn on this side and then my goal is what? To make a grip right here, behind his knee, right, why? Because even here if he tries to come up, it's easy for me to keep him away, right, so that's why, there's a lot of ways to do this position, right, controlling the lapel, pushing with the elbow, but I like safe when I control the leg and I make sure that I don't try to reach the lapel, because this, I open space and then he can come up, so I don't like that, so that's why I keep my elbow in and I don't worry about the lapel, but I worry about my elbow, and then of course you reach some gi and you push, right, so now what you have to do? So first thing, you have to change the hook, of course the guy's not gonna be stopping, he's gonna be moving, so you don't need to lock, but or you pinch, or you lock, whatever you feel comfortable, but now what you have to do? You feel how his foot is on the mat, so I need to take that out, how? I do like a little jerk, like a little push here, right, and then I switch the hook, right, so now the guy's gonna try to keep like passing, but now look, I keep turning on my side, right, so here, a lot of times depends how the guy react, right, but even though, even if you are gonna get the sweep, or if you are gonna get the back, I need to feel like the best situation, right now, his hip is too far, so if I try to get the back, it's gonna be too far away, right, and it's been hard for me to get my knee under, like that, because he knows that I want to get his back, so what I like to do in this situation here? So I change the hook, but I push his leg away a little bit, and instead of to hook one leg, I try to hook both, right, so now I keep doing the same thing, but once you hook both legs, it's easy to lift the leg now, once I get my knee in, so make sure that you straighten the leg and get the whole leg in, so now I close the triangle, once I close the triangle, just make sure that you pinch, right, now, you're free to post on your elbow, you come up, and turn all the way to get the mount, right, once you get the mount in here, don't release the pressure, keep the triangle closed, and take advantage of this arm here, so look, I pass over, hug the head, and then, I'm not just establishing, but I bring his head to me, so you see how I twist his back, and then, now I release the hook, and come up to finish on the mount, right, let's go one more time, passing, right, anticipate, so control, push, okay, so it's been hard to, his knee is too heavy here, I can't find space a lot of times, he pinches, so what I'm gonna do, so I go over the other leg, now will be easier, why, because I use my foot and my hand, you see how I lift with my hook here as well, now I lock the triangle, once you lock the triangle, even if the guy trying to escape, it's gonna be hard, because your foot is on the mat, right, now you come up on the elbow, and just rotate your body here, right, first reaction, the guy gonna try to push your knee, or the guy gonna try to turn, so you pass over the arm, bring his back, right, make sure that you sprawl, right, use your body weight, and then slide over to the mount, and finish the position, right.