

Metadata: <https://www.youtube.com/watch?v=-7rHNjOkF-8>

Let's take a look at a more advanced setup for our foot sweep. That's going to be more competition, live training-esque. Basically what we're going to do is we're going to force our partner into a spin so that we can sweep with our left foot instead of our right foot. So for this one, my partner is going to start with his right foot forward and I'm going to start with my right foot forward, but my left leg is the sweeping leg this time rather than the right. What I'm going to do is I'm going to step up even with his foot and I'm going to use my right hand to kind of pull him behind just like we've been doing this entire time. I'm just going to step and turn and notice my right foot took an additional step. Okay. So when I'm in this position up and then I pull him and as I do that I follow his foot. It goes from here to following his foot. Okay. So I'm cheat stepping here. I'm taking two steps to his one. We're in this position. I take one and right here I'm going to take two. There. Now his feet can slide together and I can bring them together with my left leg. So from this angle up, change that angle, step, bring them together. Okay. The easiest way to practice this is to have your partner put both hands on the shoulder. I'm going to come inside ties and I'm going to have good control of his body. Now. And it also helps keep us relatively the same distance away so that I can step up, pull and sweep, step up, pull, sweep, step up, pull and sweep together. Notice how extended I am here. And I'm starting to turn that wheel and blow his body as if I really wanted to take his feet out for the foot sweep. Okay. We're in this position. Step, turn. I want to go the other way. Step, pull, turn. Okay. So you can practice both sides. Step, step. Okay. And basically when we're in this position, turn it. The big thing here is this hand making a connection with his hip, bringing his elbow along with him. So when I turn, I can get that ball around jamming his shoulder over, jamming his hip while bringing his feet together all in one motion. Now, again, this is not necessarily mean you can sweep them off their feet, but it is a good opportunity just to get a good stumble. Boom. There. And now I can look to score. An easy five point throw from there, or at least disrupt him. And hopefully he pulls guard so that I can play top position. It's not necessarily a big foot sweeping throw. You can practice it. If you have a crash pad at home or like we are, we're on sprung floors. So they're nice easy falls, but for the most part, don't think of foot sweeps as the, Hey, I'm going to score a ton of takedowns with them. Use them more for setups and distractions for your bigger, better throws.