

Metadata: https://www.youtube.com/watch?v=YApn_wTXfYQ

The knee cut is a classic guard pass that has been used successfully for many years, especially in the gi. But when we try it no gi, a lot of times it feels like we're trying it out of desperation and it ends up being a very feeble looking guard pass. To use some Donaher lingo for you all. So the goal of this video is to improve our no gi knee cut guard pass. And we're going to do that by first talking about our head position, two, talking about what to do if we cannot get the underhook, three, talking about kind of the new era of knee cuts and the different ways to set it up. And then four, discussing some problems that can occur. But first I want to give a shout out to Jinba. He was gracious enough to let me use one of his beats in this video. I've been kind of experimenting with using some music in the background of my videos. And that is due to Jinba's recommendation. Not only is he commenting, telling me how he thinks that I can improve the channel, he is supplying the beat for this video. So can't thank you enough, man. I really appreciate it. And go check out his channel and leave your feedback in the comment section below. Now, from a best case scenario where we're chest to chest with our opponent, we have an underhook. We have a couple options on where we can place our head. The first option, the most standard option is to put our head on the same side of our opponent's body as our underhook while we complete the knee cut pass. Our second option is to put our head on the opposite side as our underhook, taking the role of our cross face arm, which frees up our cross face arm to do something else, right? It can be put out for more base like we see in this scenario here. Now what determines whether our head goes on the same side as our underhook or the opposite side as our underhook is whether or not we can get a cross face. So if we can get a cross face like we see in this scenario here, our head can go directly to the same side as our underhook. Now if our opponent does a good job at denying us the cross face, we have to replace that cross face with our head. So our head needs to go to the opposite side as our underhook, and we'll see as Andrew's head drifts to the same side as his underhook, he's simultaneously achieving that cross face to take the role that his head was responsible for. Now I haven't seen Andrew's instructional on guard passing, but he does this so well that I imagine he talks about it, but if you're subscribed, we've definitely talked about it a few times on this channel, and I'll leave those links in the description below. But I think the major benefit of bringing our head to the opposite side of our underhook, at least initially, is that it shuts down our opponent's ability to use their underhook. By bringing our head to the opposite side of our underhook, we smash their underhook to the ground, making it useless, while we work to complete our knee cut. Another benefit of putting our head on the opposite side as our underhook is that it gives us the ability to pass in either direction, especially if they try and wrap a guillotine on us, it gives us an underhook on the other side already. Now, we were just talking about a very ideal scenario where we're able to achieve a chest-to-chest position with an underhook, and typically underhooks are more available to us when our opponent is flat on their back. But as our opponent turns onto their side, the underhook becomes less and less likely for us to get. In a gi, we have the luxury of just kind of honestly saying, screw it, I'm going for it anyway, right? Because you have a rope tied around your opponent's neck that you can use to achieve that connection. But without a gi, we need a new solution to this problem, and by turning onto their side, our opponent is preventing the underhook, but they're also exposing their back. So we can capitalize on that by bringing our arm around their head to control their back. So now we have this beautiful dilemma we can start to pose to our opponent. As they turn onto their side to prevent our underhook, we can bring our arm around their head to expose their back. They're not going to like this, so they're going to try and put their back on the mat. And as they do that, we bring our arm back around for a crossface and start digging for underhooks. Once we get the underhook, we already have a chest-to-chest position. So now we can work to complete our knee cut, either by having our head on the same side as our underhook, or even switch our head to the opposite side as our underhook to complete the pass. So now let's talk about some new

ways we can get into this knee cut. Now Gordon made this position here fairly popular and uses it a lot to pass the guard. And it's a situation where Gordon controls the inside position with one of his legs, but his opponent controls the inside position with the other leg. And from this position here, we can hit beautiful knee cut passes. Now in the last clip, Gordon cut this knee across his opponent's center line to pass to his right. Now in this clip, he's going to pummel his foot on top of his opponent's shin and use that to set up the knee cut to his left. So you can knee cut to the right and to the left from that starting position. Now another way to set this up is if you're in this split squat situation and your opponent is being annoying with this little lasso that comes over and prevents you from getting an underhook or chest-to-chest position, you can transition over to that starting position that we saw Gordon in and kind of reboot the knee cut system from there. Another kind of tricky thing you can do is instead of cutting this knee to the ground like a traditional knee cut would be, you can dive your other knee to threaten a pass on your opponent's other side. And that gives you the ability to walk behind their guard to complete the pass. So some initial problems that we can have with this initial kind of floating position that Gordon likes is when our opponent's head gets outside of our two hands. As they start to kind of create angle on us and get their head outside of our hands, it starts to create issues. So from this floaty scenario, I believe a general rule should be to keep your opponent's head in between your two hands. Now as far as an actual knee cut, the biggest problem we're going to run into is our opponent's ability to push and create distance. And typically that comes from their ability to get their knee in front of our body. If we're able to clear our opponent's knee, they have no ability to push against us with their lower body. But as long as their knee is in front of us, they'll always be able to push with their lower body, create distance, and recover their guard. All right, now check this out. I think this is super cool because basically I found a clip of young Gordon doing a pass and then him doing that same pass a couple years later. And we can compare them to see how he has refined it over the years. So we'll see he's starting from that same floaty position and initiates by pummeling his foot on top of his opponent's and setting up that knee cut to that side. But you'll see there's a little too much space and his opponent is able to capitalize on that space to insert his knee and push Gordon away to recover his guard. Now a few years later, Gordon does that same pass. He initiates it by pummeling his foot on top of his opponent. However, this time there is no space for his opponent to get their knee inside to create that space and he successfully completes the knee cut pass. I believe the adjustment Gordon made to tighten this pass up is in his knee position. When he successfully completed the pass, his knee was initially off the floor, pointing towards his opponent, eliminating that space for his opponent to insert their knee and recover their guard. When he did not complete the pass, his knee was initially on the ground and not facing his opponent, which gave them the ability to insert their knee and recover their guard. If you guys found this helpful, please consider subscribing. If you're already subscribed, thank you for your support. Please share the video. Help us get to 1,000 subscribers by the end of the year so I can give away a \$50 BJJ Fanatics gift card. We'll see you guys in the next one.