

Metadata: <https://www.youtube.com/watch?v=axNb3pwTEfY>

All right, so a common defense of this from the bottom, especially to increase time or create space or just to slow down the pass is when your opponent does the lockdown, right? Now, there's a lot of things that they can do from a lockdown, but realistically, what it does for me in a top position is it makes me deal with it. Just like before when we talked about the underhook, if we're fighting for underhooks and my opponent gets the underhook, I'm not gonna continue passing without it, right? I'm gonna switch sides. So the same thing happens here is I have to address his defense. And a very common defense that I find when I compete is they hit this lockdown, right? And so my partner's going to get this lockdown in, right? So we've achieved this half guard position, but throughout this process, he blocks it with this lockdown, right? And as you know, with the lockdown, I can't get back up on my feet when he has this. It's very difficult for me to pop back up because of the angle of the pressure that's happening from this position. So here we are, right? Now, it doesn't work as well. I can't drive my weight because I don't have the base and the power foot because it's in that lockdown position. So one of my favorite ways to handle lockdown is to turn into it, right? And so what happens is I take my hip, or I take my knee and I bring it inside his hip, and I take this hand and go to the opposite hip here. So as I'm in this position, my weight's not back here because, yeah, then he can bump me. My weight is here, it's over the hips, it's forward, and I'm checking his hip with my outside hand. I'm gonna check this hip because I don't want this hip to follow me. My opposite hand, tight elbow. If I don't go tight elbow and I go out here, he's gonna grab it, he's gonna loop inside. He can do, oh yeah, this is horrible. I don't want that, right? So this arm is going to be a tight elbow, come back and grab this knee, okay? Now I'm in my position. I'm going to come up to my toes, put my knee inside.