

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

Hello everyone, and welcome back to the channel. So today we're going to be taking a look at Gordon Ryan's match against Phillip Rowe. And it was an expedition match, so we got to see very playful side of Gordon. And we're just going to take a look at some of the things that we can take away from this match and implement into our own game. But before we do, I just wanted to give a shout out because on my last video here, I asked you guys to leave a comment and I would give away a show your old key here. And the winner was Owen, and he actually has a YouTube channel of his own. So first of all, thank you for commenting and supporting my channel. And then secondly, I just wanted to kind of point you guys in his direction. He does some car content as well as some MMA and Muay Thai equipment reviews, but you can also use that equipment for Jiu Jitsu. And one of the videos that I liked was this review of the Theragun. I've been looking at getting one of these, I'm kind of on the fence, but yeah, I really liked his review. So go check out his page and let's get into it. So the goal of this video, like I said, is to learn what we can from the best in the world. We're here because you're looking for the best of the best of the best, sir. And first we're going to talk about some principles that we can take away, just like general principles. And then we're going to get into specific techniques that we can try and implement into our game. So the first principle is don't die. And what that means is when you first get pinned in a situation, your number one priority should be just don't die. And what that typically boils down to is don't let them control your head, right? There's the classic saying in martial arts where if you control the head, you control the rest of the body. And your primary goal when you're getting pinned should be initially to not let them control your head and don't die. Don't make it so uncomfortable for yourself that you can't think of anything else other than like, man, this cross face is miserable, right? So you can see Gordon here on the bottom of side control. He initially has one hand thumb posting here, alleviating that pressure of the cross face and allowing him to kind of slip his chin towards the chest of his opponent. Now, sorry guys, I forgot to mention this video. I couldn't find like anywhere on YouTube or anything. So I'm just doing screenshots because otherwise it'll get copyrighted. So yeah, I'm just trying to make the most of it and give you guys the most up-to-date content as possible. And this is the only way I know to do that. So yeah, so initially it was one thumb post alleviating that pressure. He goes to two thumb posts right on the shoulder and you can see him diving his head towards his opponent's chest and curling his back, right? Concaving his shoulders is the way Gordon likes to sit into that banana shape slash rocking chair position. And because his opponent has no control over his head, Gordon's able to easily escape the position and recover guard. So here we have another scenario where Gordon is in a dorsal position and his head is being trapped, right? His opponent is like straddling his head here and has really good head control. But as long as Gordon keeps his hand tucked here, he's not in any submission danger from this position. So what his opponent's gonna do is he's gonna sit for an arm bar. When he sits for the arm bar, Gordon's focus goes to denying that cross-face leg. You can see he takes a grip here on the leg which frees his head. Now Gordon's head is completely free and his opponent's gonna fight to bring that cross-face leg back. But the grip Gordon has makes it tough. It creates a little like forearm frame here to prevent that leg from controlling Gordon's head. And then Gordon redirects that cross-face leg and tucks it in his armpit here. And then Gordon ends up escaping the position because his head is free to move. Now here we have Gordon getting his back taken and Gordon actually just released a DVD on this. I'll leave the link in the description below. And he actually said in the post I interviewed that he wished he was put in this situation more so he could show more of this. And I actually haven't seen this instructional but I'm sure it's pure gold like the rest of his are. So go check it out. And I'm gonna give a little breakdown of what I think he's doing here. But again, I haven't seen his instructional and I'm looking forward to watching that. So you can see here we're on the underhook side. And when you're on the underhook side, this arm is for control, right? Phillip's arm right here, this is controlling

Gordon. And this one, the top arm here is the one that's gonna be choking him. Gordon's attention goes to that choking arm. He's winning the gripping exchange on the choking arm. So Gordon's primary defensive hand here owns this choking arm here. So that is step number one. Step number one is don't die. Control that choking arm, right? And once you control that choking arm, you don't see it here, I didn't include any picture of it, but he starts, Gordon does, starts messing with the feet of Phillip to try and free his feet. And then as we'll see in the next picture, he pushes him over to the strong side. Now, the strong side is referred to as a strong side because it is much easier to get a rear naked choke. But as we saw previously, Gordon owned that hand that's gonna be doing the choking, right? So Gordon's not worried about choking. So he pushes over to the strong side, but only after he wins the gripping exchange and knows he's not gonna die. And now, again, we see here, Gordon is moving his shoulders down to the mat, but I think more importantly, his hand owns the inside position here because the classic transition from the strong side, when you're losing the back control from the strong side, you switch to the Katakotomi arm triangle, right? That's classic transition right there. But by Gordon Ryan having his hand in here, owning the inside space here, he's not worried about the transition to the arm triangle. He's stopping that transition by having his hand here. So again, I think, yes, there are a lot of techniques and other principles as well involved in all of these scenarios here. But I think the principle that I'm trying to emphasize is your first and primary attention should be on not dying right away, right? And in this scenario, it's having this hand here. So even if Gordon didn't get his back all the way to the ground and Philip was able to recapture back control, he wouldn't be able to strangle him with his arm right away. He won't be able to transition to the arm triangle. There's different pathways that can happen from here, but Gordon knows that he's not gonna get choked because he has his hand here. So now the next principle I wanna talk about is center line versus back exposure. The dilemma we create for our opponent, right? Whether they're gonna expose their center line to us or expose their back. And in this situation here, this is becoming one of my favorite situations to do an arm drag from. It's just there a lot. So if it were me in this scenario, I would just go for the arm drag right away. I'd bring this hand as high as I can up in the armpit right here and sit up and try and chase this far hip. But Gordon knows his opponent isn't just an amateur, right? He's not just gonna let the arm drag happen, right? And Philip knows arm drag is there as well. So Gordon doesn't just go for it right away. What he does is he threatens the center line, right? You could see in the previous picture, Gordon's knee was facing the wall over here. Now it's pretty much facing the ceiling. Gordon tries to sweep his opponent this way, right? And in trying to sweep him this way, he's exposing the center line of his opponent, right? Now to defend that, his opponent is gonna base out this way, right? And when he bases out this way, Gordon's gonna transition to the arm drag to expose the back of his opponent. Now Gordon's trying to chase this far hip right over here, right? But his opponent stands up to defend that, makes the far hip impossible to reach. But his opponent isn't squaring up. His opponent isn't bringing this foot over this way to prevent or to deny the back exposure. So what Gordon's gonna do is he's gonna take this foot out and do a foot sweep to again, expose the back. If your opponent is reluctant to expose their center line to you, then take the back. And that's what Gordon does in this scenario. There should always be a dilemma. Your opponent should either have to expose their center line to you or expose their back to you. And that's what Gordon was going back and forth there. And if it were me, I would have probably just gone for back, like go for arm drag right away, right? And just try and chase back, chase back, chase back. But Gordon's constantly playing the two off of one another, which makes it very, very hard to stop. So now more of a specific technique from open guard. This is one of my go-tos. I love doing this. Especially when your opponent is in a square stance like this. Gordon, from this classic open guard scenario, he'll hop and try and foot sweep this far leg over here. Now his opponent is gonna back step with that leg, but that leaves this front leg easy to grab. So Gordon grabs that leg, boom, and does a cross frame

here. This is where I always screw up. Because I would reach, like with Gordon's right foot right here, I would reach and try and reach the back of the hamstring here and connect myself to my opponent, right? But it works against not good people, right? But as soon as you face anyone good, by reaching, you're leaving space for them to take the inside position, right? So against good people, I would extend this leg to try and reach this hamstring here, but I would miss. And then they would step to the inside and it would kill the whole thing and they would start passing from there. But watch what Gordon does. Instead of reaching, Gordon tucks that foot right here. That leaves no space for his opponent to get the inside position. And his opponent doesn't have anywhere to go. They're just gonna fall down to their hip, right? And when they fall down to their hip, Gordon owns all the inside position and he's ready to attack the legs. So my takeaway for that specific technique, I love doing that, but against good people, they always backstep. And then by me reaching, it allows them to take the inside position. So me taking note of that, I'm gonna bring my foot, instead of reaching, bring it close and let them come to me. So I have the inside position when we end up in this scenario here. Now, there's a couple of cool Katagatami setups. And I think they're easier to get to than one might imagine. So I kind of wanted to go over those because I think I'm gonna start implementing this a lot more. So Philip is trying to put Gordon in that plow position. And Gordon is gonna do a back roll, right? He's rolling over his shoulder. And when he rolls over his shoulder, he ends up in pretty much a turtle position, right? Now, Philip takes his hand, threads it through here around the neck, and he takes this north knee here and punches it in. Now, this is pretty much a scenario you need to go into this Katagatami entry. And I thought it was pretty slick off of that back roll. It happened really quickly. And Gordon, like the announcer said, Gordon's face turned colors, like it was a pretty legitimate threat. And I think this was the only time Gordon was actually threatened during this whole expedition match. So I thought it was a really cool entry into a very effective submission. Gordon ends up in this very similar scenario, right? He has that north knee punched in, and he has a classic seatbelt right now, and he has this foot trapping the leg of his opponent here. If you've seen John Donahue's back instructional, one of my favorite ways to take the back is from that exact scenario that Gordon was just in. You have that north knee punched in, you have your foot trapping their foot, and you kind of sag down to your hip, and that allows you to get your hook in and even just take their back straight up right from there. That's one of my favorite techniques from this DVD, and I use it all the time. But sometimes, especially against bigger guys, I have kind of trouble sagging down to the hip. So what you can do instead is what Gordon did here. He transitioned his hands and brought his hand over to that katakatame position. And he doesn't like to actually finish Philip here from the katakatame, even though I imagine he would be able to, but I thought it was a really cool transition. Now, the last thing I want to talk about is this triangle transition Gordon did. He has a yoku senkaku here. He would just triangle his legs, and he did this previously in the match. I think he just wanted to go a different route this time, and that route that he went was pretty mind-blowing to me. So we're here, and instead of just going to try and finish the triangle slash kimura from here, he comes up to his knees. And when he comes up to his knees, he falls back and starts to throw his foot around his opponent's neck, right? Kind of like an ushiro senkaku. But his opponent sits up, so he goes into a moti senkaku, right? And initially, this doesn't look like it's that big of a deal, right? But if you've seen John's triangle DVD, you know that there are category A of triangles and category B of triangles. And he distinguishes them into two categories because if you have a front triangle, you can easily transition to other triangles in category A, like the rear triangle, like the opposite triangle. But you can't transition to things like the side triangle or the reverse triangle because those are category B and they're a different type of triangle, right? But we see that Gordon transitioned from a yoku senkaku in category B to a front triangle in category A. So basically, like on the surface, it was like, oh yeah, cool, you triangled him. But when you dive a little deeper, he basically chopped down the border of these two categories, right? And kind of

opens it up, at least for me, to kind of try and explore different options on how to transition from category A triangles to category B triangles and vice versa. So pretty cool, something to look at. So thank you guys for making it this far. If you made it, please like, please subscribe, please share the video, and we'll see you next time.