

Metadata: <https://www.youtube.com/watch?v=fVPgnA0iAI>

Alright guys, so we've covered finishing the heel hook from the saddle position so now let's talk about how we want to finish from the 50-50 guard. 50-50 guards I guess have a bit of a resurgence lately and I'm not sure if it's because technically it's a better position or it's just something people have forgotten about how to deal with right so obviously the saddle has been a bit of vicious weapon for so long now people are getting very good at defending that position obviously we're going to cover how to deal with that today but let's talk about finishing from the 50-50 guard position. So we're in our 50-50 guard position right so we're talking about how we're going to finish once we already have the heel right so again we're not really exposing technical strategies yet we're just talking about the finishing mechanics yeah so a common problem with 50-50 guard is that when we secure the heel and we try to finish square here is again as I could lift his hips or he could simply reach me very easily with his hands here. He can lean forward and start separating the grips making it difficult or he could really lean close and grab my head when he grabs my head what that limits is the ability to use my hips on a heel hook and again if we can't use our hips on a heel hook it's very hard to do any sort of meaningful breaking damage so when we do expose the heel from 50-50 we don't want to finish flat on our back we're not finishing flat from the saddle or from the 50-50 guard. Sometimes in competition again you'll see me finish flat on my back because that's the guys tapped probably at a very safe moment before I've made the transition from the back to the side here but if I really have to apply pressure to break the leg it's going to be on either heel so from the 50-50 guard right I don't want to finish square again he can fight the hands he can grab my head we want to be finishing on our side here so when we have the heel secured we're going to be finishing in a very similar way to the saddle so you can see it's very similar breaking mechanics here right we're putting the heel towards the floor we've got a nice bend in this leg and we're going to start to bring our hips towards the sky and the way I'm doing it this time obviously when we're in the saddle the reaping leg the stomping leg gives me the ability to post off and drive my hips to the sky this time because my feet are on this side I'm really trying to rotate my knee towards the floor and when you're in 50-50 guard it's a great thing to do to have this knee rotated towards the floor if we can have it in between their legs our leg is largely safe from their heel hook so say we miss this they picked up a heel hook if my knee is inside on the floor they've only got rotational pressure maybe they generate a bit of pressure on the ankle but the knee is going to be very difficult if the knee was on top of their hips here obviously now they can start using their hips to do damage to my knee so that's a problem so I'm always looking for a 50-50 guard to have my knee inside here so the finish we're doing here rotating the heel towards the floor bringing our hips towards the sky and using our inside knee here to generate that upwards pressure towards the sky so again knee to the floor we bring our hips towards the sky and we get the break you can see what I'm doing is I'm making Isaac's knee point towards the sky that's going to give us the cleaner break here if his knee was pointing too far that way it's much harder for me to get the tap from him you can see the angles are off Isaac's probably got a great ability to slip the heel from him but if we come back if we can trap his knee to the sky we're going to get a clean break some other angles we can finish from the 50-50 guard position a great one is this one providing a knee is safely between their legs we can take our leg cross body here I really like this position because it generates distance between us and our opponent making us further out of range for them to fight our hands here so I can push with that leg almost curling my heel towards my butt and it makes it easier for me to lift my hips as well so curling with that heel my left knee remains on the ground and we're really starting to bring elbow to hip hips to sky that's going to get us the tap no rotation pressure with the heel hook the toe pressure towards our hip done with our elbow here that's enough rotation on the ankle now we just need to apply hip pressure here so you'll see elbow to hip hips to sky and we're going to get that tap so that's how we're looking to finish from 50-50 guard we really don't want to be square to our opponent obviously

they can start grabbing our head they can start fighting our hands that's a problem with 50-50 guard is that when we finish like that we're closer to their range to hand fight grab the head when we're on our side we're further away from our opponent we're getting a knee pointed towards the sky it's a much cleaner easier break