

Metadata: <https://www.youtube.com/watch?v=T8mxghSFKNU>

All right guys, so now, I mean, general butterfly guard, be fairly basic, just setting up, getting to the leg position, all right? So if I'm in the butterfly guard, I like to go two-on-one. Okay, so I'm gonna bring one hand here, other hand underneath, all right? Right in this position, I'm gonna start elevating my partner towards me. As I do, I'm switching right to the Ashi-Gurami position, all right? Once we're in this position, we have entries right to the knee bar, okay? So, from here, until you get to the knee bar, keep the leg off the mat, this way your partner cannot post, all right? They can't post, they can't keep standing, they can't stand into you. From here, he tries to stand into you, you keep this up, it's gonna be very hard. And as he starts trying to stand, now, I'm gonna switch off right to this position, okay? Generally speaking, from here, your partner will try to roll out. What he does, you're just gonna stop the leg. As you stop the leg, I extend, I have my knee bar. Right in the butterfly guard, two-on-one, elevate. Soon as I do, I swim the foot through, all right? Don't get stuck in this position here, because generally speaking, your partner's gonna try to start facing you, pushing this knee down, peeling that leg off, and then you're in trouble. All right, so before they can do that, underhook the leg. All right? Once you underhook, all I'm gonna do is I'm gonna feed it to the far side, all right? Notice I'm above the knee, and I do have reversals from here as well. I have X guard reversals, all right? I have single leg X reversals. From here though, I'm gonna start feeding this leg, and simultaneously pulling this leg out while I feed his across my body. Notice oftentimes I'm facing his back, all right? Now, what you can do to ensure your partner can roll is you can drop this leg down here, or you can bring this leg up here, all right? You still have the same exact knee bar, but your partner goes to roll, they can't. It gets very, very tight. Now you can switch back while I'm still controlling this leg right here. If you don't have the proper torque to get this, come out, switch it to the other side, all right? Again, from here, toe hold, all right? In order to get this toe hold, I need to come over and really crunch down. Sometimes I'll say, touch the calf, touch the butt, now I wanna touch the heel. I wanna touch his toes to his heel, all right? I wanna fold his foot directly in half. So it's not so much of a tight grip. Literally, sometimes I just have my wrist hanging, you know, and I'm just crunching down in this position, going for a knee bar at the same time, coming back to this knee bar if you want, all right? Same time, we get to the Oshikon. The biggest thing with this we have to understand is whether it's in the butterfly guard or half guard, you can get to the Oshikon in position, all right? One of the ways to capitalize this position is control, all right? So sometimes I'll even take this far foot and I'll step it right on their calf. That's where they can't roll, that's where they can't really step in because if they go to face me now, I have this away from him, it's very hard for him to face me, okay? Underhooking should be a natural progression or looking to do, because most times I'm looking for a reversal, okay? But from here, switching, switching, switching, right into the knee bar, all right? From this position, you could try to get your foot to the mat while you extend your hips to get in the knee bar, all right? Literally, knee bars from every position, all right? Anytime you get to the Oshikon, anytime you get to any kind of leg entanglement, simply throwing the leg to the ladder is gonna give you opportunity to get to the knee bar. Give it a try.