

Metadata: <https://www.youtube.com/watch?v=03OIYwB6KkM>

Hey guys, so now we're gonna work the X guard from De La Riva. This is a variation I've been doing a lot lately and it's very effective. So be aware of how you're holding the De La Riva, have a good structure, make sure you have the right grips and right positioning and in this variation we're gonna grab the ankle because you have the option of grabbing the ankle or the pants in De La Riva but in this X guard entry we're gonna grab the ankle. So we are here and I have my foot in the biceps but when I'm feeling ready to attack I'm just gonna do a small kick on his leg. The reason why I'm doing that is to start fucking with his base because anytime I'm doing this his base gets worse and now I can pull the collar so I'm kicking and while I'm kicking I'm pulling the collar and I'm lifting him and then look I'm getting my hip under his foot like this so his leg is resting on my hip and now it's very hard for Tommy to get back because I'm lifting this twisting his ankle towards my hip while having a strong hip here and this leg is kicking on the far leg and I'm always making sure that I'm pulling the collar down so his weight is going here away from his hip because I don't want him to go back here. So again I'm here I'm kicking pulling and lifting like this okay from here you circulate your leg inside like this and from here I'm just holding the hook and try to have as tight hook as possible then I switch the other hook so if you don't have a tight hook when you switch you can step out you see so by having a tight hook here even when I'm letting go and I'm fast it's kind of hard for him to get away so I'm hooking here and of course I'm doing the switch fast so I'm like this and then I switch and I grab the pants here from here I like to just keep kicking and start going for a technical stand up and I like to have his foot on my shoulder like this a lot of people when they do the technical stand up they kind of rush it and they go straight up to the legs and look at my posture I don't have a good posture now so he can start escaping he can even do flying triangle when I'm like this so what I like to do instead is go step by step with a strong posture so I'm tight there always pinching my head toward his leg like this and now I'm going on my knee first you see then I connect the gable grip to pull it down and I stand up like this and from here you can dive down grab his ankle get the sweep so again we're in the delgiva get the good grip here putting biceps and now when you're ready to attack you push the leg you pull the collar and lift him so his leg is on my hip just keep this grip here and start switching your leg lift it in the air and you lift it towards yourself because if it's out here it's harder to do down the hook so you pull it towards yourself and do a quick switch here and now you just keep kicking put this leg on your shoulder and you go step by step go on your knee first you make the gable grip tight and now you go down grab the ankle pull it and you get a sweep so different angle so very effective a nice way to sweep from the delgiva so try it out