

Metadata: https://www.youtube.com/watch?v=_2sy_IA2pzM

The latest W&O event had counter inside heel hooks from backside 50-50, reminiscent of Cade vs Mika at ADCC. We also saw counter toe holds from 50-50, taking us back to Gordon Ryan vs Nicky Rod. We also saw arm drags from the weave position, which is the Kirin special. And I thought this was a very clever way to deal with a high knee shield, where you bring your leg up to shelf their leg as you push their foot down, which brings their knee up, making it difficult for them to hide that knee from your armpit. And if you can clear that knee with your armpit, now you can settle into chest to chest half guard. But I think the three main takeaways from this event are the dogfight, the katagatami, and the basic knee cut. Now the dogfight is a position that I've talked about before, and I think it's a very important position that comes up a lot and is worth developing. Now I would say the two main attacks from the wizard player are the uchi mata and the kane basami backstep into cross ashi. And both of these techniques are very useful whether you're standing or on the ground, and are often used to counter a single leg. And I think they're best when used together. Here you can see the wizard player threatening an uchi mata, and as that fails, he uses it to backstep into cross ashi. Now problems start to arise for the wizard player when they try that uchi mata and it fails. And if that wizard comes out, now they find themselves in a very sticky situation. And we also hear Craig talking about a good way to defend the uchi mata is with a knee slide. And here you can see the wizard player trying the uchi mata and the underhook player trying a knee slide to counter. And right about now you're probably thinking, how the heck is this guy finding all of this footage? Well, it's through this website that I'm creating and planning on launching very soon. And if you want to be one of the first people to use it, sign up for email updates down below. Now from half guard a pretty common attack is for the bottom player to take an underhook in what's called a lower leg shift, as they work their way through the dogfight in up to top position. Or at the very least recover closed guard. And now this often leads to a battle between the top player trying a knee cut and the bottom player trying to get this lower leg shift. And a very important aspect of this battle is who gets the underhook. And Carlos Enrique was doing a great job of winning this battle. And he may have stolen this technique from Dante. He stole my move out there. He was hitting that cross post going straight to the arm lock. So it's cool to see. But it's all good because Dante might have stolen this Uchimata from his match with Gary Tonin. That's how we do. That's how we improve in Jiu Jitsu is learning from our past matches and implementing aspects of our opponent's games. But it's clear that Carlos has made this a very big part of his game. And he was going from side to side using it very beautifully to get to this checkpoint here. He also had some other ways of getting to this same position, which shows that this was his checkpoint that he used against the very tough Ben Eddy to wear him out, which is pretty much the same strategy that we've talked about Gordon using many times. And it was executed beautifully by Carlos in this match. And by the end of it, he was able to do pretty much any guard pass that he wanted. And he finished it with an Uchimata exclamation point. Now, if you're the bottom player in a situation like this, you really need to find a way to break this cycle. He's going to need to break this pacing because Carlos has just picked this. He's just got it down right now. He's in the same positions in the same positions. Now, what Ben Eddy did was he stood up, which is one way to break this cycle. But going into her match with Fionn, Jasmine was talking a lot of shit about the knee cut. So you better believe she had a strategy to deal with it. And it looked like that strategy was to keep her bottom foot on the outside, which makes it pretty much impossible to do a knee cut and Fionn is forced to disengage. But the problem is that's not the only guard pass Fionn knows. With the foot on the outside, now you gotta deal with leg drags. It also leaves you very vulnerable to stack passing. So we can see Fionn using the threat of the knee cut to force Jasmine to bring her foot to the outside, which leads nicely to a stacked guard pass followed by a duck under resulting in the front headlock. And as Jasmine sits to recover her guard, Fionn almost completes a knee cut. So you can see how she's layering this knee cut nicely behind a

series of attacks. Here we see Fionn trying to stuff that foot to the inside to force a knee cut. And this is not working, so she switches to a stack pass, which is also not working too well. So then she says, okay, no problem. I'm going to win the upper body battle first and get my underhook. And once that's in place, then I'm going to worry about stuffing that foot from the outside to the inside to complete my knee cut. Again, here you can see she dives on her upper body grips, but Jasmine's foot is still on the outside. And once she has her upper body grips, then she worries about clearing that foot from the outside to the inside to complete her knee cut guard pass to mount. And from mount, she tried very hard to finish this Katagatami, which is better known as an arm triangle. And if we hop onto the outlier database, we can see how arm triangles stack up against other submissions. And if we go to the pie chart, we can see that it's relatively rare and makes up less than 2% of the overall submissions. And of these arm triangle finishes that I've documented, you can see that none of them were finished directly from mount. And a lot of times you're going to have to dismount to side control to get the finish. But the problem is when you dismount to side control or this neon belly type situation, you give the bottom player room to turtle, which creates movement that ultimately can lead to their escape. So I'm curious to see if these statistics are going to change with the upcoming ADCC trials. Because like we talked about in this video here, I think it's becoming more and more common to finish from mount or even half guard. And if you have the Katagatami grip at the upper body, a nice little trap that you can set is to let your opponent recover half guard as you go in for your finish. And I thought Fionn was going to be able to do this off of Jasmine's elbow escape, but she wasn't able to get the finish despite showing good knowledge of the position. Once her chin gets over to that elbow, she can then use her right hand. There it is. Now she can use her right hand to hold there. But Maragalli was able to use these same finishing mechanics to get the finish directly from mount. Now another form of Katagatami is this arm in rear naked choke. It's an arm in rear naked try here. This actually does work if you get it right. It's sort of an inverted Katagatami. Now you can do this with the connection happening up by the neck similar to a D'arce. Or you can do it with the connection happening at the armpit similar to an Anaconda. And I think both of these versions are most effective when your opponent is turning towards turtle. And they allow you to stay connected and maintain control. Now if you're on the overhook side, you're probably going to take the Anaconda version of this arm in rear naked. And if you're on the underhook side, you're probably going to use the D'arce version. But either way it seems like people are doing it when their opponent is turning towards turtle. Now it seemed like Nikki was using it from the overhook and underhook side, but mostly as a supplement to this deep lat grip. And then he would try to transfer to a standard rear naked choke. The finish that we saw in this event happened from the D'arce variation of this Katagatami. Where Dante has a standard arm triangle and Ethan is turning hard towards turtle to defend it. And Dante is able to transfer to the arm in rear naked choke and get the finish. Which is consistent with what I've seen in that it tends to be finished in the D'arce variation with the connection happening up by the neck. Now diving in a bit deeper into Nikki's match with Rene. Kind of the story of this match was Rene building up to turtle. And Nikki going back and forth between this half Nelson and this deep lat grip to break him down. Now you can see here when Rene is in turtle he has a good connection between his knee and his elbow. But as Nikki starts to use that power half Nelson and hang his weight off to the side, Rene's knee elbow connection is starting to deteriorate. Because it's this elbow flaring that keeps Rene from falling over. So Rene started in a contracted posture but was forced into an extended posture. And this idea is a very interesting dilemma that we covered in this video here. But the basic idea is that if our opponent is extending their arm, that means they're not protecting their neck and it should be relatively easy for us to go in for a strangle. And in this case it's an arm in guillotine. But if we try and sit for that same guillotine and our opponent is contracted instead of extended, then they have a much better ability to hand fight and defend our guillotine. But now because they are contracted it's

difficult for them to prevent us from spinning around to their back. So the basic idea is if our opponent is contracted we should be looking more towards positional advancement. And if they're extended it tends to lead nicely into submission. So from turtle with this power half Nelson, if Rene stays contracted, Nikki's going to break him down and advance his position. So by extending his elbow away from his knee, Rene is making it more difficult for Nikki to advance his position. And as the match is winding down, Nikki tries to take advantage of this extension by jumping on this guillotine katagatami variation. But I think he kind of rushed it a bit and you can see by his face that he's not even really squeezing. This is Nikki squeezing. But he has been working on this in training and he gave us a breakdown of one of the sequences as well as the finishing mechanics behind it. I was having a difficult time breaking him down with the power half. So what I ended up doing was I ended up like unlocking and taking my hooks out to make sure that I keep just me behind me. So from here, I'd be flaring with my right foot across his hip and I would be moving my head in towards his to crunch his chin to his chest. There you go. Knee elbows across the opposite here. Okay, my back heel, bring my hips off and then my head moves away as I retract. Now obviously there's still a lot of this event to talk about, including this sick guard pass and how jiu-jitsu can be somewhat funny. Because what seems like a lifetime ago when Craig Jones entered outside ashi against Kainan and he was able to counter and take the back. And then Craig was like, okay, I'm going to start to drift away from outside ashi and start to counter it myself. But now years later, Kainan's the one using outside ashi with a scoop grip, which ends up failing and him getting arm triangle. So I thought that was just kind of interesting and somewhat ironic the way it all kind of played out. But I think for now, I'm going to move on from this event and talk about these sequences as they come up organically in future videos. And just to give a quick recap, we went from talking about dogfight to talking about how the knee cut was used beautifully to control the pacing. And to break up that pacing and defend the knee cut, you can bring your bottom foot to the outside. But there are still ways of getting to that knee cut by layering it into a series of attacks. And then we talked about three variations of katagatami, all of which we saw during this exciting event. And if you're interested in the outlier database, be sure to sign up for updates down below. And I'll talk to you in the discord or see you in the next video.