

Metadata: <https://www.youtube.com/watch?v=u2MdN95-wOQ>

Now I talk about Kieran all the time on this channel. He's one of my favorite people to watch and I think he has a very dangerous guard. And if we look at the way Chris deals with Kieran's guard, I think you're gonna find it very eye-opening and understand it extremely well after watching this video. Kieran is initially playing a low knee shield and Chris is trying to- Shh. ■ Ooh, ooh, ooh, ooh, ooh, ooh, ooh, ooh, ooh, ooh ■ Now, even though my man Owen doesn't go to church. Owen doesn't even go to church. With Easter coming up, I want to do something nice for all of you. So the first 50 people that purchased my course from now until Easter are gonna get three months of free access to my outlier community. Now, the last time I did this was when I launched the course and it sold out within hours. Now, this time around, I imagine it'll be a bit slower, but if you're interested, the offer is gonna apply to the first 50 people that purchased the course from now until Easter. Now let's dive into the video. In the previous video, we talked about the idea of framing and how if you prioritize frames, it's great for guard retention, but there's nothing forcing your opponent to engage. So a lot of times when we're attacking, we need to combine our frames with hooks so that we can control distance and set up our attacks. Now, what the top person's gonna wanna do is get chest to chest and control our head and shoulders. And oftentimes, they're gonna try and get an underhook by smacking our frames off. But if we're able to keep our elbow in line with our rib cage, it's gonna be very difficult for them to get that underhook. So a lot of times when we're grip fighting, we're doing so by keeping our top arm in line with our rib cage. Now with that said, we see people like Craig Jones using an overhook from bottom position very effectively. But in my opinion, it's a bit riskier of an upper body grip to take because if your lower body frame fails, now your opponent is gonna be chest to chest with an underhook. So basically what this comes down to is how good of a connection you have with your lower body. If you have a good connection and strong frames with your lower body, you can take more risks with your upper body. My knee connection to the hip wasn't so good. Now I've got better connection to the knee on that side. I can basically risk more with my hands and be a bit more aggressive. So if your knee shield is compromised a bit, it's probably not a good idea to use this hand as a collar tie because once they beat your knee shield, your opponent is gonna be chest to chest with control of your head and shoulders. However, if your knee shield is strong, it could be a good time to be more aggressive with your hand fighting. And you can reach for a collar tie. And when your opponent clears it, you can transfer to a two-on-one grip. So having strong lower body frames is what allows us to be aggressive with our offense and do all these cool things. Now when we're deciding what type of frame to use with our lower body, we have three basic options. We have a high knee shield, we have a low knee shield, and we have butterfly half guard. Now traditionally, I think these are taught as three different types of guard, but I think the best people in the world use all three of them together. But before we talk about how to do that, I think it's important for us to discuss the primary goal of the top player. And that is gonna be to get a tight waist around our hip. If you give them access to the tight waist, it's not looking good. Now the high knee shield does a great job of denying that tight waist. And it's very difficult for your opponent to control your hip in any meaningful way. Whereas a low knee shield is gonna give the top player more access to your hip. And the same thing goes for butterfly half guard. Your opponent is gonna have access to your hip and the tight waist. From an offensive perspective, I think a lot of people enjoy butterfly half guard. There are a ton of good attacks and sweeping options from this position. However, from a defensive perspective, you can't afford your knees to get smashed together. And from butterfly half guard or a high knee shield, it's very difficult to force your opponent to engage. And they can often just stand up and put pretty serious passing pressure. But from a low knee shield, it's very difficult for your opponent to disengage. So knowing the strengths and weaknesses of these positions will help us answer the million dollar question of how to use these three leg configurations in combination. So I think in an ideal world, you play a high knee shield to

really make it difficult for your opponent to access the tight waist. So it's a very strong frame with your lower body, which gives you the ability to be aggressive with your hand fighting and set up your attacks. But this strategy relies on your opponent wanting to engage because there's no real hooks in place forcing them to stay down and play that game. So if this is the case, it could be a really good time to start complaining. And maybe you can even start waving them in to get the crowd and the judges on your side. And hopefully they take the bait so you can keep your high knee shield and you can make some sort of connection with your arms so you can go into your attacks. Or even better, the rule set will be one that really incentivizes the top player to go forward. So even though you're playing a high knee shield, the ref will give them a warning for stalling or even penalize them for not engaging with your high knee shield, which again, I think is the most ideal situation for the bottom player because it gives you a very strong frame with your lower body and frees up your upper body to make connections to your opponent and set up your attacks. But if our opponent is just not engaging, out of these three options, there's only really one choice to force them to engage. And that is the low knee shield. And when we play with a low knee shield, our opponent does have the ability to get to that tight waist. So the low knee shield makes us more sticky from bottom position, but it also gives our opponent a little bit to work with. So they should be a bit more open to the idea of coming forward and engaging. Now, an extremely common sequence is the low knee shield is used until a connection is made with our arms because now our arms make it difficult for our opponent to disengage. So now we can go into a more offensive position like butterfly half guard and initiate our attacks. Again, here we see a low knee shield being played until a connection is made with the far arm and then the butterfly hook comes in. Again, if we pummel our butterfly hook in with no connection with our arms, then our opponent has a few very reliable defensive options. But if we use a low knee shield to connect to our opponent with our arms, or we can even make the connection standing, but the idea is that you have some sort of connection to your opponent with your arms before pummeling in your butterfly hook. So if we watch this sequence here, I think it does a good job of explaining everything we've talked about. Where Gordon starts with a low knee shield and Nicky is engaging, but then Gordon transfers to a high knee shield and tries to get ahold of Nicky before he can disengage. But Nicky respects the high knee shield, backs away and they reset. So butterfly half is a great tool to use and has a ton of offense, but we need to make sure we have a secure connection with our upper body before pummeling in our butterfly hook. And here's Owen giving us a little insight into his instructional. This is a little freebie section. I would get some sort of grips of my upper body where I'm like maybe underhooking the leg or I have a grip on the arm or I have a collar tie or a drag grip or something like that. And then I'll put the butterfly hook in. Now I talk about Kieran all the time on this channel. He's one of my favorite people to watch and I think he has a very dangerous guard. And if we look at the way Chris deals with Kieran's guard, I think you're gonna find it very eye-opening and understand it extremely well after watching this video. Kieran is initially playing a low knee shield and Chris is trying to get a tight waist on Kieran's hip. Then Kieran transfers to a high knee shield and immediately Chris is respecting that high knee shield and trying to stuff it down. So he can again get access to that hip. Then he takes a scoop grip on Kieran's leg and as Kieran pummels his leg out of the scoop grip, Chris makes sure his arm takes the inside position and controls the hip. But Kieran is able to hip escape and reinsert his high knee shield. And immediately Chris is respecting that high knee shield, stuffing it down and trying to control that hip. But this time, instead of a high knee shield, Kieran inserts a butterfly hook, which allows Chris to lock his hands around Kieran and then Chris sprawls to remove the butterfly hook and now they're in a classic body lock scenario. A little shorter here, but same example. Chris respects the high knee shield, stuffs it down, Kieran goes butterfly hook, Chris locks his hands and gets into the body lock. So to sum this video up, ideally you're able to just stick with a high knee shield and your opponent is engaging, which will allow you to connect to them with your upper body

and go into your attacks. But if they're not engaging, we might need to use a low knee shield to force them to engage while we make that connection with our upper body. And then once we have a secure connection with our upper body, we can start to pummel our legs into more advantageous offensive positions. I hope you all found this video helpful. And just a reminder, the first 50 people to purchase the course from now until Easter are gonna get three months of Outlier Community Access for free. And if you're interested in how I went about making this course and the process that I go through to watch instructional content, there's a free PDF in the description below. And if you're just looking for a way to support the channel, leave a fist bump in the comment section and we'll see you in the next video.