

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

Hi guys, my name is Thiago Alves. I'm here with James, great guy here. I'm gonna show you some spider guards very well, very good for you guys to learn how to move your hips and understand better how to sweep your opponents, alright? So, we are here on the body position, you can start from the body position, okay? The first step, you must use your grips like this, look. Put your forefingers here and make sure your thumb comes over, alright? Not inside, stay over. This is very important because I don't want to see you guys hurt your thumb. Okay, right, here is okay. Another hand is the same. This is a simple spider guard. You can use your feet like this. So, you know the difference between this, calf feet? Usually, you do calf feet when you go to the triangle, alright? And use a dragon feet when you are in the guard, because you need to hold your opponent right here. This is another thing very important. Now, it's time to work your hip, okay? Because you need to move to the side, to the other side. Just depend what side you want to go. So, for me, when I see my opponent like this, one knee on the mat, another knee high right here. It's better to follow this way, because on this way, he has more opportunity to extend his legs and give a stab and block my position. So, anyway, look for this angle. My feet is there, okay? I'm going to move my hip to the outside and you extend my leg this way and make it comes out high, alright? Alright, are you here? Then after, you're going to slide your leg to the side. So, you're going to build your wall, just a little wall with your leg and this will become an obstacle and we're going to pass over and go down. But this is only going to work because your hips come this way, right? You cannot stay with your belly to the top. You must stay, looks like 45 degrees. This is very important. This is the key to control your opponent. One more time. First one, grip strong and grab the position. Hip to foot. I'm going to use a dragon foot right here and control your opponent. Then after, you're going to move your hips this way, extend your leg. At the same time, you're going to hold his legs right here with your leg, okay? Then after, you're going to kick him to this way. Oh, it's easy. It's very easy to throw your opponent. Alright, but sometimes guys do a beautiful sweep then... Come first. Come first. Wait, you lost your time. To do this, you must think about... You start from the bottom but you must stay on top. Then after throw your opponent, keep your hands holding his arms and don't rush. Keep your hands, fix your position, get to the top and control your opponent first. How? Right, I'm here one more time. Hips to the side. Extend the leg, slide another leg. Hold his leg right here. Stay like a 45 degree. Throw him this way, you're going to pull his arms this way to thresh his body. Put your hand right there on the floor. Put your knee high. Even if he tries to recover the guard, you're going to keep your foot right there. Your hands never go away. Stay here, all the time. You're going to use your shoulder right now. You say, ah, I want to take the mount. This is not a good idea. Look here guys, let me show you from a different angle. It's automatic for him. He's going to bring his knees to recover the guard. But, stay with both hands here. You're going to change to the same side Then you see his knees, right here. You're going to put your shoulder over his arms. Like this. Right now, hips up. Pass to the other side. After doing that, you got many choices. Sometimes go to the back, sometimes only control the side. But, keep your hands right there. Let's talk about to get the side control. Pull his arms. Control his head, right here. Now you are in the side control. Cannot move anymore. One more time. Let me show you guys, with a different angle. I'm going to stay here, you're going to see my foot working. Right here, look guys. Working a lot. Hips came. Extend your leg. Slide another leg in. And control his legs, right here. You must pull his arms, right here. Look. Bring him. Go this way. Head on the mat. He's going to try to recover the guard. Take off your leg. Can you see my leg, guys? Put your shoulder over his arms. Hips up. Pass his guard. Pull his arms. And control his head. I hope you guys have enjoyed this position. See you guys soon.

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