

Metadata: <https://www.youtube.com/watch?v=JkKkB8FmSI0>

There is so many examples I can give you for the open guard, but again, this is me giving you a concept based from no gi de gi. So I'm only gonna choose the things that I think are significant for you to use it, for me to use it as an example. So one of the things you're looking at, so Andres goes on top and I play open guard. When I'm playing, so stand up. When I'm playing open guard, me gripping here, okay, on like the two-on-one would be the no gi version, right? Like I don't need to do a no gi lasso. I would not do a no gi spider lasso where I go here. I've seen people try to do this or use it like this. It's okay, I really wouldn't use it. It doesn't translate the same way to no gi. So we'd be doing two-on-ones and we'd be hooking the shoulder blade and we'd be still doing physical grips. Now what's a really big example of a control difference is gonna be the spider on lasso where now I see him, I wanna pull him close. My feet can go on his biceps and I can crunch them and I can use the hands on the sleeve grips to now contract myself and start shooting up a lot of things, right? Submissions, sweeps, anything like this. But one of the main things is just the control of the guard. So me being able to do spider guard where I have one foot on the bicep, one foot on the bicep, being able to maneuver him is gonna be a big difference, okay? Another one would be lasso where I actually pull the sleeve towards my groin, throw the hook in, hook the shoulder, and now I can turn. I can do double lasso or I can mix those two guards up, whether it's spider with foot on the bicep and the foot going through his own arm, hooking and controlling, or I can have double spider or double lasso, okay? Now, these are just upper body controls using the cloth that he has on him from the physical bone structure, okay? So I can still use this and now things like omoplata and triangle are significantly increased because now I can pull and have that tension to actually pull him to me, me to him, okay? It's a little different than what you would do in nogi. So we'll look at this, okay? So he's here, I pulled him the same way, I pulled my knees to my chest, I pull the collar to me and I switch to a sleeve grip, okay? I switch to a sleeve grip and now I can start kicking and rotating my hips opposite and being able to move him many different ways. Lasso, where I hook and I stay nice and tight, okay? Can control one side of the body very well or double side of the body very well, all right? Now, example nogi. I'm here, he's here in nogi. I would just be gripping the wrist and hooking and be pull, very aggressive pulling here and then being able to go to physical bone structure, okay? So nogi, nice and tight, hooking here and then we have the gi where now I have to hook, pull the collar, get to here and go to my move set, okay? So example of spider and lasso, that's like one of the biggest differences of playing open guard, especially for the bottom player, okay? And then you're still using the bone structure, okay? So can't say that enough, especially for open guard. One of the biggest things that you have to be able to do is understand it enough to be able to play it or get to your physical bone attacks, right? So I can still play my whole game while I'm fighting, so nogi would be more like, okay, I'm playing nogi, okay? Home here, grip here, I'm ready to go. Double control, me contracted, foot on the hip, everything's ready to go or it could be as simple as now, it's gi. Okay, I'm here, hook, stay nice and tight, contracts, collar, sleeve, foot, del gi, K guard and then we're back into play, okay? The grips are placed in position to control the bone structure. Just keep remembering that, I'm gonna keep repeating that throughout this instructional so that you really get it in your head that yes, there are gi-oriented moves, but it's just a different way of looking at the controlling of the skeletal structure, period, okay?