

Metadata: <https://www.youtube.com/watch?v=ERrAiHHy6hE>

At the same time, when you have the outside position here, you can also just re-guard. And that's very important too. You don't always have to, like, you can take a step back to then attack again. So the same, same position, you grab that leg and you sit up, but this time you sit up with the purpose of getting this butterfly into this, into this thigh right here. Boom, you come here and now you're still controlling that leg like we have been, but now when you push here, you're going to let go of his, of his meat hook here, the tricep kind of area, and you're going to get your hook and your frame on his, on his head right here. And so now, you're creating distance because you're trying to get your, you get your guard back, re-guard. So now I'm just going to push him at the same time. I let go and create a straight line with this leg, keeping tension with my inner, with my inner instep. I just sit back and now I have my butterfly guard back and we can start attacking or moving from here. But it's a really clean way to, to get that guard back. So you're on your bottom here. You just search for that leg. You get it. You sit up, get your hook and come right back to your butterfly guard. With an inside frame, grab your tricep here. And that's a leg isosweep to butterfly guard.