

Metadata: <https://www.youtube.com/watch?v=Ehd846vFUfQ>

Ok, guys, we're here today with John Daniher, Hugo de Ana for me, Placido, and guys, John just finished filming the 8th part of the New Wave series, all about side control attacks and side control control, and John, is one of my favorite subjects, side control, like... I actually noticed, Bernardo, that side control is consistently one of the most searched products in your PJ Phenomenics catalog, and that people have a fascination with it. I'm actually fascinated why they have a fascination with it, to me that's an interesting thing. You really surprised me one day when you said that side control is one of the most popular topics in the entire PJ Phenomenics curriculum. I think there's actually reasons for that. When you look at the pins of jiu-jitsu, you quickly see each one has a very distinctive character. The mounted position is a very, very different situation from side control. We have to look at that now. If you look at mounted position, for example, this is very much a leg connection to my opponent. My legs are my primary form of connection to my opponent. I can score with the mounted position with no hand contact. It's unlikely to happen, but in theory I should be able to score just with my leg positioning. So my primary connection to an opponent in the mounted position will always be my legs, and the hands are secondary. Now, in the case of side control, all that changes. Instead of me being parallel to my opponent, I'm perpendicular to him. And now the primary connection to my opponent is through my arms. There's no real leg connection at all, at least in the initial stages. And so you see, the entire pin itself is radically different. In one, everything's parallel, and the primary connection is through the legs. In the other, everything is perpendicular, and the primary connection is through the arms. And so they're, in a sense, just completely different tops, and it's natural, I think, that a lot of students tend to go very strongly with one or the other. Now, the interesting question is, okay, well, why is it that most of them go with side? Why is it that the side position is inherently more popular among your clients than the mounted? And I think it's because people look at side control, and they look at its main appeal is stability. When you first start off judo, you know, you get told the mounted is an incredible position. Then you get there, and you find because you're lined up with your opponent, it's pretty easy for your opponent to destabilize you. And most beginning students in jiu-jitsu get a little frustrated with the mounted position. They get bucked off, bridged over, you end up in the best position, now you're underneath your opponent. It can be a frustrating thing. And so I think a lot of students look at side control, at least in situations where there's no punching or striking, as the better alternative. It's inherently more stable. And that certainly is an understandable way to think, but it's the exact opposite of what I try to preach in this video. I think the real appeal of side control are not the two reasons that most people get. Most people say, I like side control more than mounted because it's more stable, and I've got more submissions to work with. There's a bigger variety of submissions I can use. Now those are both true. But they push your mind in the wrong direction. Because if you start just thinking in terms of, okay, I'm going to hold this guy down. And the great virtue of side control is stability, and I'm just going to pin this guy and hold him. The minute your mind starts going in that direction, you stop submitting people. When your primary concern is just stabilizing and holding people, you're not going to submit anyone. You're going to pin them, but you're not going to get anything to show for it. You're starting to look at the pin as the most important thing, instead of looking at pins the way you should, which is a means to submission. The other reason that people get is they say, well, I've got more submissions from side control. When I'm mounted, I've got a pretty small set of submissions to work with. Side control is dozens. Even that, I believe, is the wrong kind of thinking. When you think in terms of the number of submissions, then you start incorporating all kinds of low-percentage submissions. These are submissions that you can get into work if you have a little bit of surprise on your side, or if your opponent's not as good as you. But those, to me, aren't the interesting situations. I'm interested not in the number of submissions, but how good you are at the most high-percentage submissions in the sport. What wins world

championships is not how many submissions you know. It's how good you are at the most reliable submissions. I always prefer to see my students working with a smaller set of submissions, rather than a bigger set. And in particular, the most high-percentage submissions in the sport. That's where I push all of my training. So I think the two reasons that most people give for why they like side control, push you in the wrong direction. It's not about stability, and it's not about the number of submissions. Joe, I would point a third one here, and it's your fault. I think people like side control as well, because they don't expose their legs for leg attacks. And especially after you, on mounts, I have seen so many people get in the mount, and the guy on board goes there, and you hook side control, you're kind of like away, right? It's true, yeah. In order for the leg box to work, I need a leg on either side of his body. So obviously, mount position gives this. If I have legs on either side of the body, any time I lose the position, I'm always exposed to Ashi Garami. As opposed to a situation where I have two legs on one side of the body. Now, the only way my opponent's going to get to my legs is if he gets up to his knees, and from here, sits into Ashi Garami from here, and pulls my legs in. That's the only way he's going to do it. So, and this is easier to block. So, really I think that people need to start thinking in terms of, okay, if it's not about the number of submissions, and it's not about stability, then what is the biggest appeal of side control? It comes down to one thing. Mobility. Side control offers huge advantages in mobility over every other kind of thing. So, if I'm mounted, the only real mobility that I have from mount is forwards and backwards. I can be low mount or high mount. But in side control, you get so many different options and configurations of arms and legs, etc. Okay, I can be squared on two knees, pinning my man down. If he tries to bring knees inside, he can put me back in guard. I can sit out in a forwards direction. I can come forward, opposite, and sit out in an opposite direction. I can switch my entire angle up to north-south. I can come through and sit across to the other side of the body. At any given moment, I can step forward, cross into the mounted position, come up knee on belly, etc., etc. Okay, so the great advantage it has is mobility. You can move around your opponent's body. When you can generate movement, you can generate submissions. The more mobile your opponent is underneath you, as he's trying to change positions, there's going to be extension. And where there's extension, there's submissions. Now, that's the great appeal that I see in the side position, and my video reflects that. We talk a lot about how to move around your opponent's body and generate submissions. But you know very well from watching me work here, Bernardo, that my overall philosophy of pin is that the central focus in Jiu-Jitsu is to look to convert pins into submissions. It's not good enough just to pin people. You've got to pin them, and then you've got to submit them. That conversion of pin to submission is my obsession as a coach. That's my primary interest when I work with pins. And as we did in the mounted situation, I offer a pretty simple four-step system to get this to work. But of course, because the alignment of the body is completely different, and the connection to the body is different, it's a very different system. You also know that my philosophy of pin is based around the idea of adding an extra step to the classical Jiu-Jitsu formulation. And the classical Jiu-Jitsu that we all grew up with, it's always position before submission. That's the great cliché. What you find in competition is that you need more than that. I can get the position, side control, but there's no guarantee that my opponent has good defensive posture that I'm going to get to a submission from there. Typically, your opponents are very strongly set, they've got good escapes, and it's hard. So what we do is we focus on the idea that once we get the position, we include this intermediary step. Now, many people do this, but my thing in this video is to emphasize this to an extraordinary degree. That I want to fight my opponent at the elbows, and create extension away from the torso, and separation from the knee and the elbow like so. And if we can do this and heavily emphasize it, we get this extra step. So you get position, then you get breaking your opponent's defensive posture. His defensive posture is based around elbow position, and elbow and knee connection. If I can break those things, and start to separate knee and elbow, and get elbows away from the body,

then you can start submitting people. You can shut down his attempts to escape, and you can make this guy tap. So we have this three-step procedure. First, get the position, just like classical jiu-jitsu, and then add the extra intermediary step, where we attack our opponent's defensive posture, and only then go into the third step of submission. What we identify here is the idea that in jiu-jitsu, there's always position and submission. And the two, there's considerable gulf between them. And a lot of people never bridge that gap. They're like, oh, I feel stable here, I'm just going to stay here, take the safe route. What you need is a bridge between position and submission. And that bridge is a technical posture. And in the case of both mount and side, the part of the posture you need to attack the most is this. The elbows. So we look at the idea that your opponent at any given time has a far side and a near side elbow, and we're going to go through and start attacking those. So for example, if I want near side elbow, I need to start moving down and away from the elbow. The more I move into the elbow, it's a strong frame. I'm not going to move it. I need to move away from it so I can steal the inside position and start using my legs against my training partner's elbow and taking it out to the side. Now here, Placido has the inside position on me. His forearm is inside my collarbone. If he swung his hand into an underhook, he'd have inside under position. I can't accept that, I can't tolerate it. So I've beaten the near side elbow, I've got to beat the far side elbow now. So we often make use of a 10-finger method, where I lock up, drive his elbow to the outside, and connect my head to the floor. Now, when I unlock my hands, where the Placido's arm goes, I'm guaranteed the inside position. And so now both of his elbows are taken completely out of position. I've got inside position on both elbows. Once we do things like this, now he's open to attack. Okay, there's a million and one things we can do from positions like so. We can use that inside position to start going into the various forms of submissions that we favor throughout this video. And as a result, we can go through and get to our finishes. But it's all about winning the battle for the elbows. In the case of side control, your opponent's got two of them, near side, far side. In the mount position, there was just one elbow. And so you see the same principles of that three-step process. It's not just about position or submission. It's about position, break your opponent's defensive posture, and then submission. And in the case of side control and mount, when we talk about defensive posture, it's always going to come back to your opponent's elbows. Yeah, so John, this is one thing that I would point out here. So the other day, you were teaching me the concepts about the mount. Yes. And there's some overlap here, right? Absolutely. Because on both, you try to open up the opponent and involve the arm, right? You're absolutely right. But the good news is, in the case of side control, you get twice as many options. In the mount position, the underhook is by far and away the best way of attacking your opponent's elbow. In fact, because of the alignment of your body, it's pretty much the only way. But in side control, you get two. You get the underhook, and you get the reverse overhook. And learning how to use those two together is a big theme in this video. Now, it all comes down to attacking the elbow. That doesn't change. But in the case of side control, you get two methods of attacking the elbow instead of one. No, I got it. No, that's awesome, John. I love how you were always trying to... You don't talk directly to the submission. There is a whole system before the submission. And how to control, how to exposure the opponent, and then comes the submission, right? Yes. I think what happens, Bernardo, is that most people, when they say, I want to submit more people, the first thing they say or the first question they ask themselves is, okay, if I want to submit more people, I better learn more submissions. And that's never my answer. I got it. My answer is, if you want to submit more people, learn more setups. That makes sense. And that's really the truly high percentage submissions in this sport. It's a pretty low number. I mean, I really only teach six submissions. No, I love that analogy about the bridge. There is a missing bridge here. And that's why so many people won't make the jump from position to submission. Because it's a big jump. It's a risky jump. And if you screw that jump up, you can lose the match. So a lot of people are like, screw that. I'm just going to stay where I am. I've scored points. I'm going to stay

here. And my job as a coach is to change people's minds about this because ultimately this game is about control leading to submission. The greatest feature of Jiu-Jitsu is submission holds. And it's a traditional way of getting there was position to submission. And we're saying, we need to add this extra step. We have to attack your opponent's posture. You'll see in Judo and wrestling, they wouldn't think about taking someone down until they had first broken their balance. In Judo, they'll never even attempt. You know, World Championship level, you try and throw someone without breaking their balance first, you're going to get tossed. And Jiu-Jitsu, we need to do the same thing, but with posture on the floor. Break their posture first, attempt the submission second. That's amazing, John. I love all these concepts, and I think this is a huge differentiator factor that you have versus every single instructor because you're always able to almost reverse engineering what's going on. Going from the submission to the controlling, talking about the bridge, that's incredible. Guys, this instructional video is going to be at bjjfanatics.com soon. So this is the eighth part of the New Wave series, all about side control attacks and side control controls and the bridge. So it's going to be at bjjfanatics.com. Maybe by the time you're watching, it's already there. So make sure to check that out. Thanks so much, John. It was awesome. Thank you, Placido. Thanks, Placido. Please help me out to grow my YouTube channel. Just click subscribe. And to watch more videos, just click under see more videos. I hope you enjoyed.