

Metadata: <https://www.youtube.com/watch?v=LLwSWJZHmP8>

So now, we have to actually open the legs. Now, the idea of opening or breaking the closed guard doesn't mean we break and pass. It means we open the legs and we establish a position where he can no longer put us in closed guard. That means we can establish half guard, we can establish a combat base or a knee up position, or we can just be in open guard. Either of those scenarios are all acceptable and it means you've done your job. The big thing here is we want to make sure that we don't overdo it and try to go too far too quickly. Remember, we want to focus on the goals at hand, meaning we're going to pop the ankles open and we're going to establish a position in which my partner can no longer go back to closed guard without effectively working for you. So we're going to go over a traditional stand up and we're going to have a couple of key areas of focus here that's going to help you to get up. So the first one being having good control of both collars. The big thing I see a lot of people here is they take too big of a lean forward with the grip. Again, that's not what it's for. The collars and the reason for the collars is when I take both of them and I take it just mediocally right around the belt when it's out and I keep them together and I pin them, push my hand that way, it can't go. Now push my hand the other way. It's still on his chest. That's all that matters. It's stuck on his chest. It can go up, but again, it's stuck. I hit that end point and that's that big key thing that you really need to make sure you have where I'm comfortable. Like if he pushes my hand, yeah, it comes off his body, but it also never leaves his chest. Right? It stays confined inside this box on his chest. That's when you know you have a solid grip here. You're not coming way up here where the gi barely crosses because then when he pushes, right, just push my arm up, there. See, that's at his end range, right, pushing my hand up. Nope, just stand there, just push it up, like straight up, there. See, that gives him that ability to break the grip. So what I'm going to do is I'm going to put my chest down and I'm just going to grab it so that when he pushes up, I have that ability to push out. Yeah. There, his arms are pretty much locked out right here, but I'm still holding on. Even with two fingers, I can keep the jacket, but also with this same grip, it stays on his chest. Okay? So that's going to vary for everybody, right? That worked with this gi. They're wearing a smaller gi, I might actually have to take a grip down here. If I'm going with somebody who's wearing a very giant gi, I might have to take a grip up here. It's all going to vary. You're going to, as you get used to playing this guard and playing around with it, working with different partners in your academy, you're going to figure out where that is. I have a good sense of when I pull the gis, of where that comfort zone usually is, and it's usually right below the seam of the gi. Again, above the belt, below the sternum, okay? That way when I'm keeping my posture up and my shoulders back, when he brings his, pinch your knees, and bring your knees to your chest. That's what I care about, that. I don't care that my hand is in contact with him all the time. I care that when he tries, I hit that end range, and then now I'm comfortable and I have the ability to work because my elbow is locked out, and my hand is turned down in a good solid position. Now, knuckles here because I don't want to roll over the top. I want to lock it out, palm down, comfortably. The other thing I want to make sure that to keep in a good posture is my partner is going to try to do a sit-up. Yep, he checked all three sides. My hand is in a good spot. He can't sit forward, he can't sit to one side, and he can't sit to the other, and my hand position didn't have to change. I didn't have to panic, I didn't have to quickly put my hand over here, put my hand over there. I pretty much just hang out here, okay? Now, go ahead and pull it like you'd hold a jacket like you were. Pull it, yep, just pull it. There we go, yep, and he's just going to try to pull it out. Yep, there we go, and again, so I got a good solid grip. Staying on his chest, no matter what he does, I'm good, I'm golden. He can push, he can move, he can do whatever he wants, but my hand is always going to maintain that position on his chest, and I don't have to freak out. That's step one, okay, because if you don't set your hand properly when you try to stand up, you got to worry about the arm bar, you got to worry about your posture getting broken, you got to worry about stumbling when you get up to fall into another type of submission or normal

Pilata. We got to make sure we control the distance and we control our partner with a good hand position. Now, with that being said, now that we feel comfortable there, my partner's tried a few times and I have a good solid grip, we're going to control the other sleeve. Now, there are a few ways to do this. One, I can either tuck it and I can elbow down. For me, this is a little overkill, okay, but if you can get there, more power to you. I think if you can get here, you go there, but I think when he's going live and he's in here and he's fighting and he's rolling that wrist, the idea that you're going to get it tucked underneath there might be a little far-fetched, so don't necessarily take it as a, I have to get it under there, because I don't want you trying to go get it. That's not what we're looking for. What we're looking for is a good control point where, go ahead and move your hand around, just move it around, where he's moving my hand around, yeah, move it around, move it around, there we go, and he's moving my arm, right? That means I don't have it under control. I might be holding it, but I'm not controlling it. Those are two very different things. I want to control it, so what I try to do is when I have that grip, I'm going to rock to my side so I can tuck that elbow. That way when he tries to pull it, my arm is stuck, right? I'm in good posture, and as he's moving, I'm in good solid control of it. He's just checking it. He's giving it like a good 10, 15% effort just to make sure it's there. Great. I got good control here. I got good control here. Now, I got to free my left leg. Because I have this sleeve, this leg has to step up, so I'm in this position. I'm going to rock to the side, and I'm going to step up. When I do that, I bring my head over him so that I can keep it up nice and tall. Then what I'm going to do is I'm going to slide my hand up his body. Now I put his hand in his chest, and I'm going to go toes live on the back. We're going to stand up, and this is where everybody messes up. They have a good base posture, and then they start reaching back. What I want to do is I want to hip up nice and tall so that my elbows are inside, and now I'm going to open it. Because I open this side and I have this sleeve, I'm going to slide to the sleeve side. My leg comes inside, and I come back down to my base where my knee is up, and he can't close his guard. We have effectively broken the closed guard because he can't close it. I don't care about passing. I don't care about any of that. I care that he can't get there. Let's take a look at it from this side so we can see the head positioning. I'm going to take a good solid grip. I'm going to take a good solid grip. Now I'm going to rock, and I'm going to tuck that elbow inside in a good controlling position. I'm going to rock to the side, and when I do that, you'll see my head drift over, but you won't see my arm break. So when I go like this, there, and I drift it up, and I took a good solid step about the line of his hip, and now I'm going to rock back to the other side. My toes are alive here in the back. Up and posture with the hip. I'm going to let go. I'm going to pull up nice and tight. This arm is going to go to work to break the legs, and I'm going to shuffle to my left. My leg comes inside. I move away from my partner so that I can sit into a heavy squat. I am backing out because I was in a bad position where I'm going to back out, not too far, because I still want to be somewhat engaged, just somewhere where he can't get those legs in, he can't close his guard, and I've got a good frame to work with so I can work on my passing, whether it's double unders, stepping into half guard, knee cut passing, over under, it's all up to you, but at least we're getting to a good effective position. So from that other side, we're here. Good solid grip, inside position, as he's moving this around, let's just practice. Get that elbow inside, lock it up, good solid position. I've got a rock now. Boom. I'm going to punch, knuckles, on top. Again, remember, I like the idea of using things that tell me to put pressure on him so things don't move. Don't turn it into a grip strength battle. Use your knuckles, use your body, push him down so that you can take weight off your legs to stand, and then we go up as tall as we can, head up. I don't like seeing people like this where that elbow is exposed for him to throw up that arm bar. I don't like that. I like being able to come up nice and tall and then use that elbow, use that hand to press inside, back up and down, keeping everything below the belt here, playing a good solid defense to open up the closed guard.