

Metadata: https://www.youtube.com/watch?v=IIO_2jG3lQk

This is John Danaher, assistant coach of Team GSP on Ultimate Fighter Season 12. This could be the best experience of your life, or the worst. Exactly. And we have no f***ing clue what's going to happen. And you must be a r*** because you're watching this f***ing idiot. I'm not going to lie to you, that's actually John Danaher being nice to me. Unlike when I was lucky enough to hit the mats with the legendary submission instructor. The assistant coach from Team GSP is a technique junkie. And one of his favorite guard passes is actually from one of St. Pierre's archest enemies. One of the strongest half guard passes in all of his martial arts is BJ pin. His guard passing throughout his entire career has been one of his strongest features. For almost a decade he's dominated from half guard top and had tremendous success. Let's look at a variation of one half guard position which he often uses with tremendous success at the highest levels of competition. And break down some of the key elements. My opponent has a good grip on my right leg and half guard. And as he should, he's gripping above my knee. That means he controls my leg. I want to get my knee free to the extent where he controls it below my knee. And then I have an excellent chance of passing. As he sits up, he becomes dangerous. So we're going to go in. We're going to take a near side under hook. Hand on the floor. And from here I dominate his far side under hook with my near side. It's like so. I go ear to ear in this position. I walk so that Joe's knee comes down to the floor. Once it's close to the mat, I post it. I free my knee. Now the only thing between me and mount is that foot. So I'm going to come up. I'm going to cross face and grip right here at the armpit. Get a good grip on my foot, Joe. On your foot? Yep. So he's got a good grip there on my foot. But whatever grip he has on my foot will be strongly negated by my cross face pressure. He's still on half guard. BJ gets that under hook to the left side now and he has the mount. Now I turn out and hold. Once again, Joe, hold as tight as you can to my foot. He's holding now with a good grip on my foot. That's as tight as he can go. Strong, strong, strong. Come on, you're stronger than that. Strong. From here, no matter how hard he turns on, boom. The mount. And he's in his half guard now. He passed. He's mounted. He's got his back. He's got his back. A very, very useful, high percentage method of half guard passing. Combat proven by the great BJ Penn and many others. An excellent move that will add to your repertoire. He's looking to pass. He's got the mount. Penn looking to finish the fight.