

Metadata: https://www.youtube.com/watch?v=OM6z_guddnE

Alright, now let's look at how I like to deal with the deepest position of the ball, which is when he has the underhook, he has the lower leg shift, and I can't get my knee to the top hip, so what we're going to do from there. So this guy has me down, and he's gotten me not just on the deep underhook, foreshoulder and hip off the mat, but he's successfully been able to trap my ankle and my knee right in front of his hip. So from this position, how are we going to go about doing this? First thing I need is a lizard, so that's always going to be number one. The issue is that from here, he has a great ability to start rocking me back and forth, off balance, and me tipping me over, going into all sorts of sweeps and stuff. So the moment that I get here, I'm going to let the pulse of my hand, and I'm going to hit a little back step that takes my knee right behind my opponent's knee. And so once I get here, this will give me some time to go in and start reassessing and going into a much better position. So let's turn a little bit here. He's got me in a good position, I put the lizard on. We immediately go through, and we start back stepping. Once I've back stepped, I don't have to keep the lizard on me, because there's not really a danger that he can start taking my back. Now I can certainly go in, and from this position, go into leg attacks, but that's not what we're looking at right now. Right now, we're looking at chest to chest passing. So how am I going to get back to a good chest to chest position, when right now, he's in a solid offensive position? Well, we come through, and we hit that back step. So that's not normal. So I can buy time here, and I can start going in, and get into a better position. And now, what I'm able to do, is start digging an underhook on this side again. So he's got the underhook on me, now I'm going to start looking to get the underhook back. So what we're going to do, is we're going to start sitting back into this position. So I start pushing everything back, and getting his upper body and hips flat. Even as he keeps a good tight waist, deep underhook, we just come through, and now from this position, we're going to be able to start pummeling the hand back in. So if I just try to do it from here, there's not a whole lot of room. So I sit back on him, and I create some space. There's going to be a pocket right there, where we can come through, and we can start swimming that hand in. And once I swim the hand in, now I go head position, down on the floor, right next to his head. Okay, head block. Now I release the back step, and I'm in a really, really good passing position here, and I don't even have to go in and extract my knee, because he already performed the lower leg shift. So this guy does a good job at taking the underhook, and I feel it from here, it's taking me off, and I count to put on a wizard. So I immediately back step, and I put my knee right there behind his hamstring. So that's number one. Now I can release the wizard, because there's no danger of me having my back taken. I can certainly go in and start attacking his legs in a variety of ways if I want to, but we're interested in chest-to-chest passing. So from here, what I'm going to do, let's rotate, head towards the camera. From here, what we're going to do is I hit that back step, okay, and now, from here, we just start turning. If he gives me enough space, we can punch that through, but he's going to look to stay tight probably, okay? And so as he's nice and tight, maybe even sometimes we come up to an elbow here, okay, that's fine. We just start sitting back. And when I sit back, it's hard for him to stay on an elbow. So I post my hands on the floor, and I push back into my training partner. So bringing the far shoulder I hit to the floor. Now I just keep one hand on the mat for base, and I take the other hand, and I swim it through as an underhook. Now he has no cross-shoulder post, and he's using that arm as an underhook. And so now I've dug the underhook. Now it's all about getting my head position down on a good head block. Once I got that good head block, we remove the leg, and now we all know what to do from here. It's time to go in and start freeing my foot of the trapped leg and going into my passes, okay? So once again, we come out, he's got this really good position. I can't stay here, so I've got my back taken, so I've got to put that wizard. This is no good. Now I'm in a defensive position. So from here, we've got to backstep right there, okay? Rotate. Watch me come in, and I'm just taking my knee right there behind his knees. Okay, no need to triangle for this, and we just keep

our elbows right here, okay? I'm taking my left arm against him, and I'm just holding it, keeping my head on the mat. Even if he comes up and he's held up, from here, I'm going to just push back, and I start rocking my hips back, okay? Almost as if I want to sit back into a cross-arching. But as I sit back, now I can pummel that hand through, I can give him just enough space to bring the hand through, and I'm returning back to the headlock, and you can see that he can't stop me from getting the headlock as long as his hand's a lot of type weights. So I have the perfect time right there to pummel the hand through, and then drive my head down to the mat, and we're in a beautiful passing position. I don't even have to extract my knee, all I have to do is extract my foot, and I'm ready to go.