

Metadata: <https://www.youtube.com/watch?v=PSZSM7JHeJ4>

Guys, I want to show to you another variation from the Butterfly Guard. When I'm attacking my opponent and he's defending by lifting the leg, okay? So guys, a quick overview over here of one of my possibilities is the like overhead sweeper, right? So if I move quick and if I have a good sense of space, I can switch my legs and throw him over to the palm top, okay? But sometimes, you know, my opponent is defending, he's not, you know, going too high, I don't feel that, you know, I have time to switch my hooks or I have space. So what am I going to do? I'm going to sweep the far leg, all right? So for me to apply this position, I need a good sense of how I'm going to move underneath my opponent, all right? So because sometimes, can you put this leg a little bit far away? Yes, it's easy, really easy for me to catch his thigh, all right? And once I catch, I just need to sweep to pull his foot inside, lift him up and then the palm top, okay? However other times and most of the times, that will happen, all right? I need to move under my opponent. So first thing, keep your foot like up, don't drop your foot, all right? Keep your foot up. And the second thing, that's like the main thing over here, is move in sideways. We tend to move and put our back on the floor, all right? That will make my position a little harder to be applied. So when I lift him up and I feel the necessity of like moving under, I move but inside is watch, and then I catch the leg, chin the palm top, okay? So try to use your toes to move either forward or backwards, all right? Just to create like some type of space to you guys reach the leg. And once you guys reach, pull, lift and turn your chest without losing the connection, without like, without going like away from opponent. Never go here, stay tight for all in the position. Even though, when you have to move like now, I keep my head tight, I use my foot to get under and now once I reach, I'm able, I'm able to throw him over and sweep. So watch this guys. Okay.