

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

We've identified three major forms of direction of attack from the Tight Waist Series from Half Guard Bottom. You can either roll people backwards, get up to your knees, or you can tackle the far leg and bring them down to their hip. Everything we do is going to be some variation of one of those three movements. Now let's look at the idea of coming up and tackling our opponent's legs. We've looked at ankle picks and knee picks, now let's look at a head and side double leg. Very practical way to work. Possibly we're going to start this one with your back to the camera so people can see the starting position. Okay, from a conventional half guard situation where we have the three major ingredients. We've got tight waist, scoop grip, and we have the lower leg shift performed so we have our training partner's ankle just like so. We understand that when we take our wrist below his buttocks, he has less purchase with his wizard. As a result, his wizard loses a substantial amount of its power. If I try to come up with my arm on his waist, I feel every ounce of plus he does with his arm. It's very, very hard to get up. So we make everything a little easier by coming down here just like so. From this position, when we start this action of coming up to our base, it's much more realistic for us now to work with this single leg situation. Now from here, we're going to take our head, normally our head is up here in a fairly high position. We're going to take our head down and we're going to reach across to our training partner's second leg. So we have single leg and double leg, and we start an action of just running our training partner down to a hip just like so, and as a result, we get a quick knockdown. So similar to the knee pick, but instead of gripping our training partner's foot, we just hold a single leg and then pull out his leg with a head to the inside double. Now what makes this work against bigger, stronger opponents is you taking your knees off the mat. So first we come in here, we pull our elbow in, and we start coming up to our base. From this position, as I hold on to what seems to be a single leg type situation, we put our hand in place, and then from here, I reach across and I just run across to that second leg. Now watch my knees. As I come up on my tippy toes, it's my legs running this guy down. As pass it on, come back, step, pass it on. Once I have these two grips, strong body, he wants to sprawl, okay? So if I stay on my knees, he can do exactly that. So what we're going to do is we're going to come driving, up like so. When he goes to sprawl, it's very, very difficult, and we just run past our training partner's legs and into good position, okay? So one more time. Starting position, just like so. We drop our arm down. As a result, it's much easier for us to start coming up. You might even off balance him initially, okay? You might make him believe you want him to take this way. As he sprawls his way back in the opposite direction, that's when we start coming up. Now from this position, we've got that single leg on our training partner, making things tough for him. Now I come through and I grab the opposite leg. As pass it, it goes to sprawl, it's tough. It's even tougher when my knees start coming up off the mat, and then I just run. I run past his legs, and end up in a good position behind this man, okay? So this is the hit to the inside, double leg takedown from hop guard.