

Metadata: <https://www.youtube.com/watch?v=nuUludE6ZKw>

Right now we're gonna talk about X guard retention and I'm gonna I want to show you guys a difference about body position about hooks if you are placing a hook in the knee or hip or the foreheel and how can you use your body in order to off balance your opponent and then build sweeps. So you're not spending time getting under the hips because you guys already got one idea to get in the hips but we we have to talk about this specific situation just align this direction. So X guard so when you have X guard your main goal here is force Fernando to post hands on the mat to find the balance so every time he's on the feet like that he always have a chance to walk back and then start to beat my hip and then in order to beat my hip he gonna get beat my hooks and be free from X guard. So my work from bottom 100% of the times is find some 45 degree body posture. Why? Because every time I start to turn my body I start to point my hip to this direction right so he is still on the feet because I'm not using my legs I'm just showing my body position so I have to keep myself like that to to be on stable base to my opponent so if I'm flat he I'm stable here even if I do my best like extending my legs and trying to off balance him it's not gonna be enough because I'm flat. When I start to turn my body 45 degrees and I use my legs with little bumps against his hip to force him to widen the legs and make his base unstable I'm always gonna break his posture and force him to post hands on the mat so I gave that example before and I'm giving again so my match against Dimitri Souza at Pan Ams I have like two or three minutes playing X guard under his hip and I think he spent the whole time with hands on the mat because once you have your body side down not side down completely but 45 degree you always gonna get keep the X guard without spending energy and the reason why I can keep my X guard just let me show you guys like that without spending energy it's because I forgot to show I was just talking about the position I forgot to show what we're gonna do so the reason I can stay here forever it's because look at how relaxed I am I have my body 45 degree I'm not completely flat or I'm not side down I have my hook on the far hip my shield inside the near hip and Fernando is literally sitting on my hip so I can literally die right here and keep my control why because he's coming towards my hip like against my hip and I can keep that situation same thing happen if instead of have a far hook I have this inside hook when Fernando tries to come over my hip it's very difficult why because I'm side down look at my arms I have no grip very relaxed here but I have my body 45 it allows me to off balance Fernando forcing him to post hands on the mat let's say Fernando want let his hands on the mat he tries to come up it's very difficult why because my hip is already I can always pushing him back to the mat with the small effort possible so I can keep this hook on the far hip and the same hook on the near hip it depends on where I want to play and how he works let's say that from this situation I have my body working well it's 45 degree I can start to apply submissions and work my ways to find progress so Fernando starts to apply too much pressure over my hip and walking back walking back so if I feel he's walking back he wants to keep finding this angle to squeeze his legs and fight against my hooks perfect so I have during this process hands on the mat while he's walking back if I feel I'm losing my body posture keep walking I have to start those action about bumps diagonal to force him to post hands on the mat or I can also elevate him and scissor my legs forcing him to post hands on the mat and then I adjust my body 45 degree bringing my hip away and then I have here a very good control on his body so the main problem when people play X guard they think the hooks are important they kind of hook the opponent's leg and try scissor like here to apply pressure but it's never gonna be enough it can be on the far hip it can be on the near hip you're never gonna succeed right and it just happens because you're not using your body in a good way and he's super stable for having feet on the mat so he always gonna step over apply pressure on the legs and then fight his way so if you guys just remember the concept that we talked before about guard. Guard is your ability to control your opponent and use frames so what am I doing here I'm not trying to sweep him I'm only trying to control him and the way I do this is not grab this leg, grab the belt, grab the

collar, grab the other pants the way I'm building control here of course I have my X guard set up but it's not enough by itself so I have to control him by using my whole body in just one just for one direction so I have to balance him, bump him, scissor his legs and get in this situation so right now I have the control my hands I have my body 45 I have his leg and then I'm ready to work so no matter what he does I'm always one step ahead and what I want to show you guys today we have like a lot of sweeps from here we have back takes we have even submissions I want to show you guys one of my favorite ones it's been my favorite right now to be honest and I hit that same one at Penn's is Tomoe Nage from the near sleeve control so I was facing a guy and I was I think was my first match on Sunday and I got under his hips what he did he couldn't find a base because I was using my body 45 degree and he posted the outside knee on the mat and he started to face me yeah like that so what I did right here so every time you guys have this situation where your opponent post the far knee on the mat so you guys have to switch your far hook to a near hook like that so once you guys have the near hook sorry yeah once you guys have your hook on the near hip when he tries come forward and apply pressure on you naturally you have this distance you can push him away he post the knee back on the mat and then you guys can preserve some safe distance from here so what are we going to do so the far sleeve would be a good sweep sweeps and back takes with the collar also would be a good option but at the pants I had this situation happens a lot Fernando my opponent actually grabbed my collar to try close distance right so he couldn't do it because I had the foot inside the hip so this foot inside the near hip kinds of keeps him away and I can always grab his sleeve and then pass inside and then switch my hands to the I have control here like that so I'm still have my straight foot lock control and then I can show this live together so we switch hand to hand and I take advantage from his defensive reaction grab my collar so right now what are we gonna do my hand I have to give support grabbing the collar so if I grab the far collar I'm not dominating his body his upper body so every time you guys combine control to attack you guys have to remember that if you're controlling the sleeve to shoot something submission or sweeps you guys have to control the same side the cross side the cross collar so once I have the cross collar here I did the same movement so I start to find space extending my legs and trying to sit up like that just enough to let this leg my bottom one free to step on my own foot like that you know if you guys can see I have to literally step on my own foot so I have my hand controlling his sleeve I have my cross collar control I step on my own foot and right now what most of the guys will do if I only stay like that and keep pushing him away so maybe I can find a chance to come up and sweep him so most of the opponents they would force me to come back flat to the mat in that in that position so what I do flare elbows and extend leg so I send him over my body and then we have here a perfect tomoya nage sweep so what I do here to finish my movement I have to bring my both foot my both foot back I back heel I bring one hook in in the hand from the collar I post on the mat and I push myself up having this knee as a shield and then I can start to build half guard passes or toriadas or whatever I want