

Metadata: <https://www.youtube.com/watch?v=dr8wgFpg2ul>

All right, so now let's do the actual scissoring movement from the open guard, and this applies when your partner is standing, and we have some form of connection on their hips, ideally, right? And when we have this connection, remember to make sure your heels are inside, your toes are outside. So if your partner walks into you, you can easily base out, hold their weight, okay? You don't want your toes inside, heel outside, obviously no gi as well, you're leaving yourself vulnerable and it's just not strong at all, you can feel the difference. If the heel's on the outside, there's no, you have no strength versus heel on the inside, so make sure it's starting here. Now what your partner's gonna do is throw, take one leg, throw it to the opposite side. As they do so, we're gonna hip over, and now for a split second, until we recover our guard, our heel will be on the inside, right? We wanna try to get our foot to the opposite side hip, and then from here, we scissor back and regain straight, parallel onto open guard. So let's do it from this direction. So partner's gonna throw the hip over, one leg over, catch, bring the leg through, and back. Again, catch, and back, do it a few times, and we wanna really have our hips up, make this connection, and back, one more, good, okay. So as a solo drill, we're here, we're gonna hip, no foot on the ground. If you need to, you can, but that's like the basic movement. So once you get that down here, bam, envisioning the foot on the hip, bringing the leg through, back to open guard, okay? Let's do it 10 times, face this way for it, five on both sides, all right, three, two, one, here we go, one, two, three, four, last one, five, good, all right, so that's the scissoring movement to help retain your open guard.