

Metadata: <https://www.youtube.com/watch?v=lkR5f575Ly8>

Now, here's my second favorite way of passing out of the long step. This is to switch our grip from one leg to the other leg. Brian, slide down. Understand something. Whenever you go to pass your opponent's guard and he goes to recover, he has an inside leg and an outside leg. Very often, as you go to pass the inside leg, you will use the outside leg to hook and bring the inside leg back here and put you back in guard. It's a fairly standard pattern, okay? But ultimately, what's going to put you back in guard is this, the inside leg. He can hook all he wants with the outside leg. It's not going to put me back in guard until this comes through, okay? So, when we hit a long step, typically, we find ourselves controlling our training partner's outside leg. As we scoot up past our training partner's shoulder line, it's the outside leg that we control. That's why we like to come up into tripods so we can walk across the other side as we did in the previous move. But there are many times from these situations that your opponent's other knee threatens to come in towards you and put you back in guard, okay? If I cannot get up to a tripod and I cannot bring his leg to the floor and the bottom leg is threatening to come through, what we will often do is switch and grip here at the inside knee. Remember, guys, we're not allowed to put our fingers inside. This is illegal. So, we have to use the grip just inside the knee like so. If I can't get up to a tripod, one of our favorite things to do is just push this knee down. Now, when he tries to bring his top knee over, my body position makes it very difficult for him to make contact. When he tries to bring his inside knee, my grip on the gi pants makes it almost impossible. As Brian fights to put me back in guard, now we just come up to our knees and we just walk everything over and tackle our training partner with a pin. So, once again, switching from one leg to the other to remove the inside knee and make it very hard for him to put you back in guard. So, here we are. We start off as we always do, fairly standard grips just like so. We take our training partner's head in behind us and then from here, we come around the corner and step out. From here, we see that inside leg threatening to come inside. Okay, so from here, we can't get up to a tripod, so we grip just inside our training partner's knee. As he goes to put us back in guard, the top leg, very hard for him to make contact with my body position. Now, from here, we just start pushing from that inside leg and walking it away and as a result, we end up in a nice passing position. So, this is a great way for us to work, switching from one leg to the other. Remembering always, when someone goes to put us back in guard, ultimately, it's going to be this leg that puts you back in guard. So, anything we can do to control that inside leg and when he tries to put us back, hold it out, force it away from us. It's always money in the bank, makes it very, very hard for him to put us back in guard. Then, when we start walking everything back the other way, it's going to pass a lot of people's guards. So, once again, we start off fairly conventional grips upstairs just like so. From this position, we come through and we hit a fairly standard backstep method, but our partner goes to bring that leg. Now, we just take our hand and switch it off to the other side. As we come up, he tries to put us back in guard and we just walk everything back in and reclaim the pen.