

Metadata: <https://www.youtube.com/watch?v=5wvpttcNdMU>

We're working through this theme that ultimately jiu-jitsu is about a battle for posture. Sorry, let me rephrase that. Jiu-jitsu from close guard is a battle for posture. We've seen that if we lose that battle, the only way we can lose it is if my opponent leaves his legs behind. So in our minds, we're always thinking if we lose the battle for upper body posture, we're going to immediately transfer into our training partner's legs. We looked at the idea of spinning around the leg. Now let's look at the idea of a quick transfer to X guard, and as a result, going into heel hooks. So training partner starts off two knees. He does a great job of coming up onto his feet and starts winning the battle for posture. We catch in, and from here, we immediately transfer into X guard. Our whole thing from X guard is to get his hands down to the mat. We do that by bringing his body weight forward onto his toes, and then extending both of our legs to put his hands on the mat. Okay, as we see our training partner go to recover, look how it happens. He walks one, two, three, and starts to recover. Even as he recovers, my foot comes down to the ankle. So first, we bump his hands down to the mat. So he's distracted, okay? I don't make it easy for him to come back. I keep him distracted. When Placido goes to fight, fight, fight, fight, fight, fight, fight, we put our foot down, and we knock him backwards. As soon as we've scored the knockdown, second hand transfers, we bring our forehead down to the mat, and our knee turns around the corner, and as a result, we end up in this excellent attacking position. As we make the roll, I hold on to the tendons of the knee, and I focus on getting my elbow over my training partner's ankle. So when Placido goes into a defensive turn, you're controlling the knee. My hands are just anywhere on the leg, he can turn quite easily. So we hold and control. From here, we always jam over the toes. Placido wants his toes pointing this way defensively, so it's important to get over the toes as early as possible. So when Placido goes into his turn, we're able to follow, put our forehead down on the mat, and get to a winning position. So once again, we have a talented opponent and our close guard. He does a good job of getting up. We do a good job of hooking into the leg, and then from here, we go across. We get the first hook, second hook, and then we bump and get his hands down to the mat. As we see Placido go to recover, our foot comes down, and we knock the man backwards. Immediately, we follow him, two knees in together, and then from this position, we hold on tight to our training partner's knee tendon. We lock everything in place. He goes into a defensive turn. We stop it by putting our forehead on the mat, and we get to a winning position. So this, too, is an excellent way to use our opponents winning the battle for posture to go into the legs and get to a win.