

Metadata: <https://www.youtube.com/watch?v=LJpZHAr-qnY>

So now we're going to look at how to use a lot of those options from the closed guard position. I'm going to start with the one that you did not see come up in any of those other scenarios from side control or half guard or butterfly and then we'll look at how to use all those options that we used from side control half guard and butterfly from the closed guard. Okay so this first one you couldn't do because the one leg was always inside either their half guard or inside of the butterfly but now since you're in closed guard and this leg is out on their hip okay you'll have the opportunity to do that spinning arm lock. So let's say I sit up on an underhook here okay and I got a nice underhook but he's got a tight wizard so I can't get any higher I can't get to his shoulder here or even to that near side shoulder okay so that same uh limp arm pinch right here that we use for some of those sweeps or that uh reverse arm drag okay I'm gonna limp arm out right here and pinch his arm having my hand tight on his chest here okay with this pinch as I turn away I can stretch his arm with my side body here my torso and my ribs pushing against his elbow okay as I get that stretch my left leg is basing on his thigh right here and I'm gonna use that as a step to lift my leg up and over and hook the back of his head with my ankle here when I land in this position I want to be facing his legs okay I don't want to land facing this way because he'll be able to posture and start to take his arm out okay so when I land in that position I want to be facing away facing his legs so I sit up on that underhook here he wizards now as I turn away and pinch I'm gonna slide that leg over hook his head face his legs and it'll force that roll as we roll I can transition into that arm lock now if he does not roll totally fine okay I'm gonna sit up on that underhook he wizards heavy I sit out a little bit get a little bit of space okay you don't want to be too tight you want to have the ability to post this leg on his thigh so I limp arm out and pinch okay try to pull your arm out I'm really pinching my elbow okay this isn't like a loose little grab okay I'm gonna pull my arm out and pinch his elbow so now he can't pull his arm out now I'm gonna jump up throw this leg over his head and catch his head here if he doesn't roll no problem from here I can start to stretch his arm because I'm facing his legs okay and he cannot posture his head because this hip is down which is also holding his head okay if my opposite hip is down and try to hold his head here it'll be too open and he'll be able to posture out of there okay so let's work this angle right here so I'm here in a close guard situation I sit up on that underhook okay he's wizarding I limp out jump up on his thigh that leg comes all the way over so my shin hooks on his head and I land facing here okay so he does not roll I'm gonna go to his wrist and start to pull that wrist over my hip to get my finish here if I want to force him to roll I can grab this ankle that's closest to me and start to pull that ankle over my head which will tweak his knee a little bit cause him to lift his hips and roll and then from here I could finish my arm lock with my ankle still hooked on his head squeezing my knees together or I could slide that foot over his head two hands on the wrist and finish there with full speed this arm lock will look like this I'm here he's postured I make him base start to sit up on an underhook jump roll and get my finish okay that one's really cool to do because a lot of times when you get that one side underhook and the person gets the wizard from closed guard they kind of just sit back and think that nothing's going to happen and just base right here and you'll have the ability not to come up and climb to his back but to start to limp out and catch him by surprise