

Metadata: <https://www.youtube.com/watch?v=fctxFhlxI3A>

Let's take a look at doing a Kochi guard off of rushing. But for this one, we're going to do a little bit of a combination with the technique we've already done. So, partner here has a collar tie. Bang, we get right into our rushing here. Now my partner's going to be pushing on my head. So what I'm going to do here is I'm going to combine two different techniques. Okay, I'm going to have wrist control. I'm going to switch my grip. Because I'm anticipating not being able to do technique number one. So what I'm going to do is I'm going to switch here so I can better get to Kochi. He's pushing on my head. I'm going to back step. I'm going to drive for Uchimada. Then what I'm going to do is I'm going to push. I'm going to bring his hands to his knees while I block his ankle with my foot. So we're here in our rushing. Okay, let's change the angle a little bit. I'm going to step back. Uchimada, up. Right here. I'm going to drive off this leg towards him. And I'm going to push him with my whole body. While my foot goes from Uchimada to sweeping in one motion. Okay, we're here. Back, up, sweep, down. Okay, if you have to, the ankle is there for you to pick if you need it. I find a lot of times I don't. I can just go one, two. And when I block it here, my push here is strong enough to get them to the floor. But you can always pick that ankle if you need to. And really, the main reason why we have this in here is this hand. Because if he's pushing on your head, it can feel like he's a million miles away. Okay, like I can. Hey, he's like a million miles away right now. But that's okay because he can be that far and I can still hit that goal. I'm just going to push into his hand a little bit. And use that Russian to clear that arm. Because when he's pushing on my head, when I push his body, it leaves. I can clear it. So when I step in, I can move his body. Uchimada helps pull me into that position. So when I clear it there, I can come back and I can hit an easy takedown. Okay, the hard part here for a lot of people is actually setting this up where he's pushing on your head and pulling your arm out. And they pull that arm out, right? Go back to contact. And then right when I hit the Russian, just post and pull your arm out. That pretty much happens to most people. Okay, so what we want to try to do is now we're going to combine everything really fast together. We're basically going to go, boom, there. Now I can bump him and hit him because I didn't do Uchimada because I lost it the first time, right? So first Russian we do. Boom, he pushes. He takes that arm out and clear it. We come back and ties. Now, Uchimada, boom. Hit the foot sweep and attack him to finish the points. Finish with points. Okay, so we're here. Same time. It's important to roll that shoulder forward. Boom. Follow, follow, follow. And make sure he can't get back up. So that's essentially what we're going to be looking for when we're doing a Kouchi off a Russian. We can either go straight into it, right? I can be here. Head position. Head position, no hand. And I can basically cut that corner and hit the Kouchi. But if my partner has too much distance where I'm catching that stiff arm, I'm going to be looking to combine it with my Uchimada to my Kouchi. Okay, we're here. He's pushing. Uchimada up. Kouchi back down for the finish.