

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

We're looking at this idea of establishing the rear mounted position getting hooks in we're looking at it first in the context of a turtle Position that's a good place for you to start and probably the most common situation Which you'll be using it when you're in the agent competition and live training I said earlier that I have a general preference when it's time to insert hooks to work with what we call near side hooks Let's understand exactly what this means and then start going through some concrete ways of actually doing this Okay, whenever we go to control a turtle position in the overwhelming majority of cases I will be on one side of my opponent's body here. I've chosen my training partners right-hand side I can be out to one side by varying degrees. I can be completely Out to one side like so where I'm literally perpendicular to my opponent. I can be Partially behind down by one hip, but you're always going to find in the overwhelming majority of cases You're on one side or the other Okay, it may not be by much But it'll be to some degree that creates conditions where you have a near side hook the same side that you're on and a far side hook the Opposite side you have to go a further distance to get the hook in Okay as a general rule not as a hard and fast rule But as a general rule I have a preference for my athletes to go in near side hook first There are some exceptions to this rule and some of those exceptions are pretty important But it's a good place for you to begin your work. Okay It's Relatively rare. It's not impossible. It's relatively rare to start off directly behind someone lined up like so Okay Most of the time you start off with at least a slight bias to one side or the other and that's where we're looking To get that near side hook in what I want to do now is to look at some concrete methods of getting Establishing a near side hook using either the knee or the foot. Okay You heard me say earlier that I believe that most athletes It's generally a little easier for them to use knee based entries rather than foot based entries That's not to say that you won't be using foot based entries on a regular basis. You will okay They're very very important. You must develop them, but I'll start with knee based entries Because most athletes typically have an easier time with them. Let's start off in a situation where My training partner's around like so and I'll ask what's the problem that we have to overcome when it's time to get the knee in Well, the problem is always how am I going to penetrate the area between my opponent's elbow Lat muscle and thigh. That area can be bigger or smaller depending upon my opponent's body configuration Here my opponent is taking a tight closed turtle position If he opens up the task becomes more and more easy as the space increases Okay. Now the important thing to remember is the space required for a knee entry is relatively small It's simply the circumference of your knee okay, you will have to learn to push your knee into fairly small crevices and Establish that upper body hook and turn it into a ultimately a lower body hook as a general rule I like once I penetrate with the knee to turn the knee back into my opponent's thigh towards the crotch So that I develop a pinching effect around my opponent's thigh I'm going to demonstrate this now so you can see exactly what I'm talking about From a situation where I start off like so the ideal is for me to penetrate with the knee and then Get my knee facing back towards my training partner's crotch This means that when I go to sit down and sag down to the floor you'll notice something interesting happens It finishes with me in a knee pinch where my two knees pinch and control my training partner's hip That creates a very very easy set of conditions with a simple extension of my leg Creates a perfect hook and once we create that perfect hook It's fairly easy for me to turn and turn it into a full back position So that's always what we're looking for when we go in on our training partner and try to establish The knee entry. Let's look first at a situation our first means of going in on our opponent We here's a pretty tight turtle position. It's guys pretty defensive the elbows are in in and It's a pretty tight looking turtle position. Okay, so first things first. We'll start off just like so We're gonna go in and establish a grip on our training partners wrist and then from here I'm gonna go in and take the seatbelt grip. Okay, as I take that seatbelt I'm gonna push my knee in that area right there behind my training partner's tricep over the thigh And as a result I can punch around the

corner and point my knee back to my training partner's hips Then I use my second leg as a drive leg I'm gonna use a sagging method where I just sag over to my shoulder and Pull my opponent's body and pinch my knees and as a result we get excellent control of the hips From this position the seatbelt locks me in place where I can extend My near side leg and it becomes a near side hook then from here Open up the second leg shift my hips and I find myself now in the perfect attacking position Behind my opponent ready to attack. Let's look at that from another angle So we're here in front of our training partner I go in with the knee We're starting off behind our training partner seatbelt established I turn the knee around the corner and sag down towards the floor. Okay. Now that's sagging entry I'm not doing a forward roll. We'll look at forward rolls later But for now, we're using a conservative sagging method of putting my opponent down Okay, when I drag my opponent down to the floor, look how my right knee Shovels underneath my opponent's body so that as I pull him to the mat My right knee lifts and shovels so that his hips elevate up into the air. Okay, I maintain the seatbelt The foot goes over the top of my training partner's leg and we're in the perfect position now To drop him into the space we've developed and end up in a fine attacking position This is a good example of what I call a low amplitude method of establishing the hooks As a coach, I have a general preference for low amplitude methods of entering into the back position. I Will show you later today high amplitude methods where there's a spectacular rolling effect We we cover a lot of distance with an athletic looking roll and expose hooks, etc, etc These methods have their good and bad points One of the bad points is a danger of slippage where you can attempt a big athletic roll Slip off your opponent's back and end up bottom north-south the beauty of these low amplitude methods is that they don't so much throw your opponent's body to the ground as they drag him to The ground as a result. There's a lot less that can go wrong with them. They may not look pretty they may not look gymnastic But they get your hooks in with minimal risk. Okay, so let's have a look at this again. We'll start off facing this way We go in on our training partner and we establish some form of upper body control It starts with the wrist say and then transfers into a seatbelt now from here I move around the corner and I punch the knee in behind and point it towards my training partner's crotch Just like so now from here. I push off my left foot and I simply sag down to the mat I use the seatbelt as a pulling mechanism. Okay, remember there's different ways to use the seatbelt grip Right now we use it as a pulling method watch my left elbow The left elbow pulls as the left foot pushes and as a result we break our training partner down Now with my two knees pinched around the hip my right leg extends and my left knee rises And as a result we go directly into a position where my two knees are around my opponent From here, it's a simple shimmy out the legs come over the top We've got a position where the bottom hook is protected I could figure four if I wished or just stay with a post mount when he tries to beat the bottom hook It's a very difficult thing and now we're in the perfect position to begin the various strangling sequences that we saw earlier This would be a classic example of a low amplitude entry using a knee entry to get hooks and Establish a rear mounted position. It takes minimal risk minimal athleticism and it's highly effective