

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

So here's another transition or a finish for the sweep when you go from X guard and you stand up into a tripod. I'm going to start with the tripod already. So in this scenario I have the leg on my shoulder and he turned and put his hands on the floor. So something that's really simple to just sweep them is I do this replacement step like they're doing wrestling and I'm going to scoop his foot and just I can scoop it just a little bit or I can scoop it all the way to my other hand and he's usually going to end up pulling guard and this will finish the sweep for me unless he gets back up but I'm not going to let him get back up. Okay one more time he goes down okay I'm going to scoop boom I'll let him back up slightly different angle from here you know catch his foot and from there you can just see where you want to go do you want past you know wherever you want to go from there just scoop now keep in mind this isn't a this isn't a full-on soccer kick it's just I mean you can just keep your foot like that you can scoop like this or you can scoop like this you can hook this is generally a scoop like judo this is generally a hook okay just hook or scoop and that feels better for sure.