

Metadata: <https://www.youtube.com/watch?v=TdFcwCRO9ml>

Side control has more submissions and is more stable than the mount where I can easily be tipped over. So I prefer to take my opponent down past their guard to side control, hold them securely while I work for a submission. A lot of people believe that this is the most reliable path to victory, and it's going to flip your world upside down when you hear the second best grappler in the world say that side control top is a bad position. As the bottom player, you're not in a bad position if your opponent's arms are what is controlling you. Because as soon as they start to use their arms for offense, they're going to sacrifice that control. So while yes, side control is a very stable position, that stability is reliant upon your arms. Which means you're not using your arms to submit me, and as soon as you do, you sacrifice your control and I'm able to escape. And instead of going into some exceptions about how to use side control effectively, He doubles down and agrees with Islam that a lot of black belts in Jiu Jitsu do not know how to grapple effectively. For years, the people who have practiced Jiu Jitsu believed that we were the top of the food chain. But now that Craig Jones is expanding his horizons, he is shattering those beliefs and saying things like the reason he and many people are able to get away with pulling guard, and the reason that a lot of people in MMA just stand up, is because in a lot of ways Jiu Jitsu people do not know how to hold someone down effectively. And based on the YouTube videos we've seen and the instructionals Craig has made recently, you can tell that he's putting in a lot of time to learn how to control people effectively. And I'm excited to announce that we put out the signal in BJJ Fanatics Answered, and is now offering our viewers 30% off if you use the code MOREINVOLVEDBJJ at checkout. And now back to Craig and his very controversial statements about side control not being a good position because you have to rely on your hands for control. But it's hard to argue when you see someone like Khabib initiate the control with their hands, but then transfer that control to their feet, freeing up their hands to beat your ... Now, are there ways to do this from side control? Sure, there are. But a lot of times what this means is using things like knee on belly or half guard to control someone with your legs and attack with your arms. And when you look at things from this perspective, it makes sense that the best people in Jiu Jitsu use half guard to pass straight to mount, which is why I've been so obsessed with half guard recently. So before we become the laughing stock of the grappling world, you have to promise me no more cartwheels, because we're going to go over strategies about how to get past annoying frames and hold people down effectively. So they can't just get up or even worse, submit us. So hopefully by now you see the value in developing your skills when passing half guard. And you've seen the first video that I did giving an outline of our strategy when passing from chest to chest half guard. And I know a lot of you want to know how to get to chest to chest half guard to begin with. And we're going to get to that. But Craig Jones and the B team graced us with the video of Craig escaping chest to chest half guard. So we're going to talk about a huge troubleshooting concept that I believe I missed in the past video. And that is the idea of double trouble. Now a lot of us, including myself, were introduced to this principle through the position of leg locks. Where Danaher famously says that 90% of your opponent's resistance comes from the secondary leg. So it's a good idea to control that secondary leg. But this principle applies to many positions. Look at arm bars. The hardest part about finishing an arm bar is separating the hands. And even once you do separate the hands, they're using their second hand to push off of your legs and facilitate their escape. And the same thing goes for half guard. If Craig wants to off balance you to the side of the cross face arm, he's going to thread his second hand all the way through to your hip to help him off balance you in that direction, which leads to him recovering his guard. Here you see that secondary arm not reaching for the far hip, but instead scooping underneath the near leg to not only facilitate the off balance, but to also initiate the follow up attack after. So based on the principle of double trouble and what I've found messing around with this position is that against good people, often it's a good idea to switch your head to the other side and control their secondary arm

in some sort of way, whether that be an underhook like we see here, or if the underhook is not available, taking that overhook. But either way, controlling that secondary arm limits the amount of resistance your opponent can give. But on top of that, if we have to pass the side control initially, if we have control over both of their arms, it makes it very difficult for them to prevent the mount. And to be honest, I've tried to avoid passing the side control if I don't have control over their second arm and have the ability to mount immediately. Now let's simplify things a bit. There are two battles happening when we're passing half guard. One is at the upper body where we're fighting for inside position to control the head and shoulders. And the second is happening at the lower body where we're fighting for inside position and trying to pummel in things like butterfly hooks. Now if 90% of your opponent's resistance comes from that second hand and the second hand is addressing your legs, it can often be difficult for you as the top player to win the battle at the lower body and can lead to you losing your position. Now if their second hand is addressing the lower body battle, it's going to be difficult for us to win it. But it also makes it very easy for us to upgrade our upper body position because there is now a huge space for our head to go to the other side. And now we can start to work to control their second arm, it becomes much easier for us to win the lower body battle. But if their second hand is addressing your upper body, all of a sudden it becomes very difficult for you to switch your head position because their hand is there. But it becomes much easier for you to win the lower body battle and work to free your knee and pass directly to mount. And that is how we use the principle of double trouble to make us a better guard passer. Now the question on a lot of your minds is how do we get to chest to chest half guard? Maybe you're in side control and you're thinking to yourself, oh man, I need to get out of this terrible position. So you rush to mount and they trap your foot, putting you back in half guard, but you're chest to chest. Or maybe it's a bit more sporadic and you dive over the top on a guillotine. And as you're recovering to top position, you see an opportunity to get chest to chest. So some of you might be saying, okay, cool, I get it. Do some cartwheels, do some flips, create a scramble situation until I can shoot to half guard. Please don't do that. Try to have a more controlled approach where your takedown leads directly to chest to chest half guard. Because a lot of times we're not going to be that lucky. And we're going to have to first control our opponent's hips through kind of a low chest to chest half guard, and then work our way up to control the head and shoulders. Now if your opponent is really nice, they're going to let you get your cross face hand in position and your under hook ready. So when they say go, you can make what the Danaher crew calls the cranial shift. And now you control the head and the shoulders. But making this cranial shift is often very difficult, but I've found that a big part of your success comes down to where you decide to put your head. You can have your head very close to the center of your opponent's body, or you can choose to take a much more perpendicular orientation and put your head way out on the side. Now if you choose to put your head on the middle or the near side, it's going to do a great job of shutting down a Kimura. But if you decide to put your head more across their body, they're going to have a much easier time sitting up for that Kimura. So if your head is on the center, what you're hoping for is that they reach for this near side under hook, and their far hand comes over your head. Because your head position makes it very difficult for them to sit up, and at this point they've basically given you a cross face and an under hook. However, if someone is trying to do the classic hip escape to recover their guard, they're trying to push your head closer to the center because it gives their hip more space to move. So one way to go about solving this problem is to take a tight waist with your other arm and leave your head in the middle. So now when they sit up to try a Kimura, your head stops it, and your tight waist makes it difficult for them to hip escape. But they start to do a good job of getting on their side, so you threaten a guillotine. And as they respect the guillotine, you use that to transition to your cross face. And you've successfully made the cranial shift. But like we talked about previously, if your head is on a good person's chest, they're going to try and force your head more to the near side, which will drastically

reduce your tight waist pressure on the far side, giving them the ability to recover their guard and go into counterattacks. So if we're really concerned with the hip escape, oftentimes it's a good idea to bring our head closer to our tight waist elbow to really double down on preventing them from hip escaping. But you also leave yourself vulnerable to them sitting up for the Kimura. But because this is very predictable, I found it to be my favorite way to go about making the cranial shift. And you basically just let them sit up. And then you start to work the dilemma where you try for a cross face. But if they're hiding their chin from the cross face, you go into the half Nelson to flatten them out and make your cranial shift. Just know that when you use this half Nelson, they can throw up a quick buggy choke. But as long as you shut that down, the cranial shift is yours. But wait, there's more. Because a third option you have from this position. If you can't get the cross face or the half Nelson, you always have the option to use a nearside underhook. And a great way I've found to set this up is you go for the initial cross face. And as they prevent your cross face, their elbow comes off the floor, giving you the space to get underneath their elbow for a shallow nearside underhook. Then it's often a good idea to tilt them towards you a bit to punch in your underhook deeper before you initiate your pass, not to side control, but straight to mount. Now we do have another option with our cross face arm, and that is to bring it to the other side of our opponent's body as a reverse cross face. And this can be a great way to transition straight to mount. But if you decide to go underneath their armpit and use a reverse underhook, just be aware that this octopus guard thing is getting a little out of control and people are getting good at sitting up and counterattacking from this position. But again, this is a very predictable response, and if you understand where you're vulnerable when you're using things like this reverse underhook, when they decide to sit up, you're more likely to be able to counter. And a major takeaway that I've had from studying half guard has been that it's hard to control someone in every direction. For example, if your head is in the middle of their body, don't be surprised when they hip escape. And if your head is towards the far side of your body, don't be surprised when they sit up. It's going to be hard for you to recognize where you're vulnerable and be prepared for your counter. So if you find yourself in a position where both of your hands are on the near side of your opponent's body, while your head is on the far side, you are completely vulnerable to being rolled in that direction. So you should expect them to do that. But if you don't know where you're vulnerable, it's going to be hard for you to prevent their off balance, their escape and ultimate counterattack. Now just to recap what we've done in our first video, we talked about how to pass from chest to chest half guard. And in this video, we focused on how to transition from the low chest to chest position by making a cranial shift up to the head and shoulders. And next week, I'm planning to talk about how to get past those annoying knee shields so we can achieve that low chest to chest position to complete the sequence and give us a very solid understanding of guard passing. So be sure to subscribe so you don't miss that video. Leave a fist bump in the comment section if you made it this far and we'll see you in the next one. Transcribed by <https://otter.ai>