

Metadata: https://www.youtube.com/watch?v=_0ByuVY3R9E

As I mentioned in the beginning, the knee weave system is going to allow you to pass to all the dominant positions. We can get to mount, rear mount, side control pretty efficiently. We've covered mount, now let's look at a pass that'll get us directly to rear mount, okay? So we're in the knee weave position. I'm going to turn Josh to the side here. And sometimes, you know, there's reasons why it might be opportunistic in that I can't open the space up and I feel like the path of least resistance would be going backwards. Or sometimes it might just be that, hey, I'm working on my finishes from rear mount, or I'd rather get back there because of the point scoring and a better finisher, or maybe I can maintain rear mount a little bit better. So that might be a reason. So if I'm having trouble opening up the space, or I just want to go backwards, there's a variety of ways that I can control this leg. I can either turn my hand upside down and stretch his leg there. Okay, that would be no gi. I could put a thumb behind the knee and press it down. That would also be no gi. Or I can actually grab some material and shove the knee down. It doesn't matter. They're all accomplishing the same thing. I'm basically holding his leg in place while I walk around. Make sure as I go around, I keep a lot of shoulder pressure on my left shoulder to get his arm to go up so that I can come around and end up in a seat belt chair sit style position. So I'm ready to take the back. Now, if he did not move from here, didn't really do anything, I could of course chair sit and take him to the other side, take his arm away. Or if he decided as I'm getting the position, he tried to turn away, I could shoot the near hook in and pull him back. Okay. Let's go into the position again. Okay. We're having issues creating the space or I just like the back better. I'm going to push this leg down and I'm going to start to walk on my toes around. And it'll be a little faster when you do the live portion. Okay. I come around with my leg near the hip posted, my leg near the head. I want my knee all the way behind his neck to make the chair so much easier. Okay. I'll do a couple of times a little faster. So I'll do a couple of times a little faster. Okay. And next up, we'll show some passes to get you to side control.