

Metadata: https://www.youtube.com/watch?v=_7xBmqRtL4s

So I showed you guys the sumo lock already. Now we go to the pass guard. Okay, so I'm here, right? First thing I have to do here is control the collar. If he's having his foot on my hip, I like to make this grip here and push. So I close my elbow, look. I close my elbow and I take the contact, okay? Now, if I keep bending my knee here, he's going to have a strong hook. So first thing I like to do is extend. After I extend, I'm starting to drop my knee on the ground, okay? Drop, slide, and now push his leg that way. Boom. And now I'm starting to get the regular side control. One knee close to the hip, the other one under the armpit, hold the head, and now you can let go the pants, okay? So one more time. So remember, if you keep bending your knee like this, his hook is going to be really strong. But when you extend, now try to do the hook again, it's going to be a little harder, okay? So one, grab on the collar, grab on the pants, open. Now try to make your foot, try to bring your foot on my hip again. I'm going to use my arm, okay? I'm going to like close here, using my arm, okay? After I make my grips and take his foot off my hip, extend, turn, make pressure. When I drop my knee on the ground here, I'm going to start to push his legs that way, and I'm going to start to connect my chest to his chest. Regular side control, let go the pants, and get the three points.