

Metadata: <https://www.youtube.com/watch?v=t7perwvKV5I>

Okay guys, so now we've got some Finishes and some good sweeps from them being on the knees now. I'm gonna go against a little more advanced opponent probably Competition wise and the person is going to do what they should do as soon as you get into close guard They're going to pick you up Okay, so I'm gonna be on bottom Robert is going to have me in the close guard. I'm trying my attacks, but he ain't having that shit He's got my sleeve color He's going to pick me up similar to the thing that we did in the video zone. Okay guys So from here, the first thing I'm gonna do is get my butt out to the side on Rob Okay, if Rob's probably not gonna let me fall down like this. Okay, he's gonna keep me out So you guys got to poke your butt out on the side that you're grabbing here Okay So now instead of coming here guys getting this down and hooking under this leg what I want you guys to do is go Okay back behind the opposite leg here Okay, keep your guard closed and you're going to turn your butt out Here, so I still have the opposite leg not the close leg like people normally do Okay, the first thing we're gonna do from here is I just want you to get into this position Squeeze your knees. Okay, and we're gonna stop right there. Okay Okay, so one more time I'll go a little faster this way. I'm a little fat for Rob Okay, so guys remember we're reaching not under this leg like the flower So it's like 99% of people in the world are gonna go underneath this leg I want you guys to go behind The foreleg and what you're gonna see what that's gonna do is put his arm on the opposite side of the body And then we're already on their back. So turn me this way just a little bit Okay, go ahead he's gonna take me up From here, look my butt goes out. I'm going to break this grip on this side of his leg, okay Let go of the feet if I have to I have to put them back on my hips are going to come out and around While I'm pulling this in Knees gonna slide down keep them together and guys now we have the arm across and you can do several several attacks Okay, and all we did guys is not go under this one We went all the way around and put this in this position Rob actually People will put their arm once you close this knee. They will take this Across here. So we still have the same grip, okay All right, that's all we're doing now you think you're ready, all right, let's see It's a pretty easy one, it's just a little unorthodox most people don't teach this Especially early on I think it's the most effective and it should be taught first. So let's do that Close guard Okay, so as soon as Sophia's lifted up she's going to get her left butt cheek on the outside of Rob's quad if she can Okay There it is, so it's already out so we're almost out the back door ready now since it's out It's going to be easier for her to reach around back behind Nice squeeze those knees just pinch them together and for right now We're going to pull the heels in tight and then we're going to stop right there. Okay, it's obviously a bad bad position for Rob Okay, so guys one thing that you obviously might run into is Breaking the grip. Okay. So if they have that grip what I want you to do is take your hand pull it like you're going to slap your chest and Circle and get their grip back and then try to rip it away Okay, so big circle grab and then pull it away and go immediately to that other leg Okay, if this is hard on your knee or hurt you let me know I'll have them do it on me. Okay Let's give it a shot I was going to have you do Bernardo Okay, so Rob's up in here, okay, so you didn't even let her get you up there Okay, so he's up he's going to put the butt on the outside, okay Circle the wrist pull it away come to the outside. That's the palm guys You see that the palm is here and now he's going to start sucking his feet in and pulling himself out the back door Guards gonna come up and the knees are going to squeeze together Okay How was it Any questions Yeah, so Once I'm as I'm swimming my arm under I want to like bring my knees up over to her shoulder line Yeah, you want to start climbing the knees and keeping them pinched together as much as you can So it's almost like you're turning upside down like you're gonna do a belly down arm bar. That's okay Okay, that's gonna come over it's gonna start fighting the grip, okay, even if he's down here on his back, it's okay We're still gonna go to the far leg. Nothing's gonna change climb pinch Good nice high guard, okay Great Guys work on this. It's something you can get to almost every single time People will step back this leg, but all their weight is on that leg. So you just keep coming back Palm on and you can slide down and hook

behind that far leg And then as you can see there's many many options You