

Metadata: <https://www.youtube.com/watch?v=QGpvir-MnzA>

Right now, we're grabbing the cross sleeve, right? We got the position that we want. If you have the lapel off like this, it would be better, right? So again, right here, and I step the foot around the lapel, going for the three-on-one, right? Start walking that way. Okay, squat down, squat down. When he squats down like this, notice that when you squat down like this, squat down. So yeah, so I can't move him much, but the great thing is, as I step over his lapel like this, there's nothing blocking me from attacking a triangle him. Okay? But a lot of times when I try to take the triangle, my opponent will stiff his arm, right? Exactly. So it's hard for me to bring him closer to me, okay? But you can threaten him with the triangles here. Let's say if you can lift your hip and then apply the inner thigh right on top of his shoulder. So now you can lock the figure four, and you have a really good triangle here, okay? A very important way for you to attack your opponent. Okay? Great way. So you have to keep the triangle in mind when you're playing this guard, okay? So I step the foot, he step to outside, right? As soon as I shoot the leg over, I start setting up the triangle, make sure my inner thigh is over the shoulder. So now I lock the triangle. So once I do that, I finish, I get a tap, right? Yeah, so you can just practice this triangle over and over. Okay, step, he walks to the side, he squat down, landing the foot, and then I go for the triangle. You see, like, it's very important to make sure that you don't lock the triangle with the shoulder popping out. Always your inner thigh over the shoulder like this. Okay, so I pinch with my inner thigh, and I escape my hip to the outside. So now I can figure for the leg, and again, I mentioned this before, his bicep against his face, which makes way easier for me to apply the triangle, okay? So you can practice this triangle super fast over and over, okay? With the detail of having the inner thigh over the shoulder. So you can shrink it down, right? The space while you can lock it up the triangle, okay? So work on that, that's very, very effective.