

Metadata: <https://www.youtube.com/watch?v=ISEGEDcD1GE>

Guys, the attempt for the sweep is always what you're looking for. For the sweep from the lapel guard, starting from close guard, but posting can be challenging. We already showed on the previous technique that you can armbar, getting on that nasty angle that I love to say, the sideways angle of the armbar for me, the hardest one to deal with by far. But sometimes, the arm is all so far away, that would be hard for me to spin under completely. So I can actually change a little bit of my plan and get the back. So the back take is something that, from the close guard, is something that a lot of people actually do the setup of the cross arm, and we kind of got to get there, but I want you guys to understand the fundamental difference of going from one hip to one side and to the other. If you go from hip to one, towards the shoulder of the person, the armbar will be there. If you move away, the head's going to pop out and you're going to get the back. So let's start maybe from this side, Lucas, is better, and then we can switch the side. So let's skip all the steps on breaking the posture, let's already start in here. So the situation is, now get the space, foot on the hip, okay, the immediate leg, all the thing. This time, guys, you need to try to really commit to the sweep. That's where the magic happens. Every time they try the sweep, the sweep will be, the other stuff will be there, okay, it's a natural consequence. So when I go here, I move, boom, immediate leg, and I reach the foreleg, and look, I try now, and I'm not able to pass all the way. His arm is too much forward. Look. If I just try to keep it there, sometimes this arm is bent, it's not going to be something that I'm going to be available, okay, and I'm stuck here for the sweep. So it's a situation that is very common to happen. To get the armbar and to get the sweep, I'll need to turn my hip inwards. This time, I'll move the hip on the opposite side. So I'll start to do what? I'll start to actually push. Instead of inside, I'll pop my head out. So when I pop my head out, the hand comes out of the leg and goes immediately, look, to his arm. I need to make sure that I pull him towards me, and I close the guard. Guys, now look, I'm pushing his arm in there, and because of this lapel, look, I'm making him sideways, okay? Now, what I want to do is pretty much keep pushing his arm and bringing him towards me to connect my chest to his chest. In order to do that, I'll keep pushing and pulling, and I open my guard, look, and I try to put my foot right here on his knee. Sometimes if I keep the knee a little bit, look, it helps and facilitates. I will get him here already on the back, but it's a poor control. I don't want him to sit up, sit up, and then I have to follow him. Sometimes this is not going to be enough, so as soon as I get there, I'll do the magic control on the far shoulder. So go now, Lucas, now, now, not anymore. And then I can easily get the back from there, okay? So the kicking of the knee is something that will be available sometimes and won't be available sometimes. You're going to be eventually putting the cross arm on the closed guard like classical game for Roger Gracie, that he crosses the arm for a closed guard and get the back or sweep or get the arm or get reverse choke and everything, but starting from a different perspective, okay? So let's go to this side now for you guys to understand, again, the most important part of the move, which is the hip, the hip movement, the hip escapes. So from here, boom, reach, go, I go under, I can't finish the arm bar, so if I kept moving my hip in there, that would be arm bar. So I go, I'll do the other thing. So I don't want to go here. I want to go there, look. But as I connect the arm, I need to get close. I'm not on the chest yet because I need to push this arm. If I try to go to the chest, sometimes I'm going to get in closed guard and lose this arm. He's going to be on my closed guard again. So I'm kind of going to be climbing the rope. If I'm close enough, sometimes I can open and get this leg on the knee a little bit. If it's already going to try that, he already falls, and then boom, here I have. I am far from him still. This is not enough. Most likely he will sit up, and then I'm too far, look. So as soon as I go behind, this arm always stretches, this one controls the shoulder. Even if he closes the elbow, I go to the shoulder, because by him having the shoulder here, look, try to sit up now. There's no sit up, and then I can eventually finish and get the back, okay? So I want you guys to understand that this last one, related to the two previous, is a movement of the hip that goes all the way out, comes back

in. So the hip goes all the way out, comes back in, and you pop the head on the opposite direction. A lot of people, a lot of flex, Lucas for example, he can get the back even by posting and getting the back there easily, okay? But a lot of us, when you try to do that, they will posture before you can get there. So pushing that arm, please, this will save you, because you put the person flatter. When they're flatter, it's way easier to finish the move. Thank you for watching. If you liked this video, please subscribe to my channel. If you have any questions, please leave a comment.