

Metadata: <https://www.youtube.com/watch?v=4VfHr825NII>

Alright everyone, so since our last ADCC trials breakdown, we've had the Brazil and South America trials take place, which were full of amazing matches. We saw some great half guard transitions. We saw some really cool triangles as well. We saw a reverse triangle, and we saw a takedown right into a Yoko Senkaku. And we also saw a great example of playing the lower body and upper body against one another to get the finish. But today, we're going to use the footage from the trials to focus our attention on guard passing and guard retention. Shhh! ■ Pop! So I was initially planning to do both guard passing and guard retention in this video, but in the interest of time and keeping these videos short and sweet for you guys, I'm going to release just the guard passing portion of the video now, and then the guard retention portion in a few days. So keep an eye out for that. Now, if you've seen Gordon Ryan's Guard Passing Instructional or this YouTube video that you can find in the description down below, you know that there are three different ways you can pass the guard. There is Torriondo-type passing, which can be classified as loose passing. There's body lock passing, which is a form of tight passing. And then there's using the threat of submission to pass the guard. And we saw all three of these in ADCC, and we're going to break them down now. Alright, so I wanted to do tight passing first because I thought this one was super cool, and I know most of you are only going to watch like three minutes of the video, and I wanted the majority of you to see this one because I think it's amazing. So we initiate a body lock pass, right? Tight style of passing. And our opponent is going to want to square up with us. And you can see we have their right leg trapped, and their left leg is free. So if they were going to guillotine us, they would want to tuck our head to their right hip, so they can wrap an effective guillotine. And a good guillotine choke is something we have to respect, so we might end up having to bail on our guard pass and resetting. But this is the thing I think is so cool talking about advanced level jiu-jitsu people. And we discussed this when we talked about Jacob Couch's False Reap entry. But the mindset of a high level jiu-jitsu person isn't that the body lock pass doesn't work because you end up in a guillotine. But the mindset of a high level jiu-jitsu player is one minute later, they use this loose passing right here to set up that body lock pass once again. So that alone is pretty slick, right? You use loose passing to set up your tight passing. But this time when his opponent squares up, he knows that his opponent wants his head on the right hip, so he can go into that guillotine. So instead, he makes sure his head ends up on the left side of his opponent's body and forces his opponent to respect the pass, which results in a back take. I just think that mentality is so awesome, and it's something that I am striving to achieve. Now the most popular form of loose passing has probably got to be toriondo passes. Now as we initiate our pass, ideally we're able to surprise our opponent, and they're not able to get their back to the ground. Because we created such an advantageous angle, our opponent will likely turtle. Now once they turtle, they have a few options. They can try to gramby roll with the goal of recovering their guard. But again, their back is off the ground, so ideally we're able to capitalize on this back exposure. The other option our opponent has after they turtle is to face us and concede the guard pass. Now both of these scenarios were in an ideal world where we force our opponent to turtle off of our toriondo attempt. Now an opponent who sees this coming will likely throw their back to the ground to prevent back exposure. And if we're not careful, the tables can turn pretty quick and lead to some dangerous leg entanglements for us. So as we work our way to our opponent's shoulder line and begin to pass from north-south, it's important that our attention go to their legs. We can use our own legs to pin their legs to the ground. We can use our hands to pin their legs to the ground. And ultimately make sure that our upper body gets inside position on their legs and that their legs are not able to form effective frames against us as we settle into our guard pass. The Ruotou brothers are really good at this and they often initiate their loose passing by stepping on their opponent's leg. So their control of the legs begins at the very beginning and as you can see, his attention is on the legs the entire time. And although this didn't result in a guard pass, it

kept him safe from a very dangerous guard. And later on in the match, you can see him start the control of the leg with one foot, hand it off to his other foot, and then ultimately handing it off to his hand while he works his way to his opponent's shoulder line and tries to pass from north-south. Now again, this didn't work, but the control of the legs leads to a great counterattacking opportunity which ends up resulting in the end of the fight. So as we're loose passing and we find ourselves working in north-south, be sure that their legs aren't able to form effective frames against you because that is the beginning of their counterattack. The third way we can go about passing the guard is using the threat of submission. And I think the two most popular, probably other than leg locks, are kimuras and guillotines. And today we're going to talk about the guillotine. And just to set up the conversation a bit, when we have a guillotine, especially an arm-in guillotine, the majority of our opponent's resistance is going to come from their other arm that isn't trapped in our guillotine. So as they use that arm to grab our wrist and alleviate some of the pressure of the choke, we can take that opportunity to upgrade submissions and go into a triangle. So we can see here our opponent is playing a seated guard and we dive on their neck to threaten the submission. Now against high level guys, I think the likelihood of actually finishing this guillotine is going to be very slim. So we can see as he loses the guillotine, he transitions to the arm and starts isolating the arm. As our opponent stands to get away from the upper body threat on their arm, we can try to off-balance them, right? And if we're able to get their hand on the mat, we can upgrade again to a triangle. And as our opponent sits back to defend our triangle, if we're too attached to our submission, we can end up losing everything and ending up on the bottom of the fight. So instead of being too latched on to the triangle, we can use their sit-down escape method to bring ourselves on top and go for the arm. As they roll to defend the jujigatami, we can transfer our feet position to a more preferred breaking position and end the fight. And this just perfectly embodies the idea of flowing like water through techniques, through submissions to ultimately result in the end of the match. So I hope you guys found this helpful. I think there were a lot of good things to take away from the trials overall. And I'm planning to release the guard retention portion in the next few days. So be sure to subscribe so you don't miss that. And we'll see you in the next video.