

Metadata: <https://www.youtube.com/watch?v=z7ls6vHJHTk>

So there's another really good option if you can't get the underhook and this is one that Marcello Garcia does really well. I think it's just a preference, like whether you prefer to pop over and try to pass from reverse half guard or whether you prefer to try to pass in this particular way. So I'm going to try and take my hips back over the top, even though George is under my leg here. I'm going to drop my knee down to the ground and I'm going to sit back over the arm. So it's quite hard for George to, like he's holding my hip, but trying to keep my hip high. It's kind of hard for him to keep that if I lift my hips up and sit back down on the hip here. Now, I'm going to be really heavy with this and I'm going to try and put my knee down as well so that he doesn't push me back into the regular sort of half guard. And from here, all I'm going to be trying to do is actually swing my leg over the top and start to collapse into this space that George has given me here. Now, I do have to be careful for the back take when I go for this. So I don't want George to like get a good grip on my back and really turn me away because this is going to be not so good. So it's actually this underhook that George got that I have to block. So when I get to here and I bring my hips back, I'm going to start to try to block this arm, block that elbow from trapping me with a good underhook. So I can swing my leg over, but I'm going to block that elbow. So I've swung my leg over, I'm going to block this elbow from underhooking. So now I start to drop my hips down to the mat and this arm can't get around my waist. Again, if this gets around my waist, this is not good. You can see how that's going to be trouble for me. So I drop my hips low and I'm going to block that elbow. If George starts to bring the elbow wide, that's good. I can even take my own underhook, which will almost guarantee that I'll end up with a pass. So we get the underhook, cross-face underhook, and I should be able to free my leg or kick my leg free to pass. Again, when deep half guard, like this, I'm going to usually push the leg a little bit just to open a bit of a gap, pop up, and I sit my weight back on top of the legs, keeping my knee heavy. My weight has to be back here. Okay, I'm going to swing my leg over and not let George come around towards my back. Again, don't go too far out. You'd give too much of a gap for them to work. So stay low and heavy. George might want to bump me forward. I need to be ready to block that. My hips are going to slide out to the side as I start to block this. If he doesn't give me the underhook, that's fine. I'm going to go to the hip because that will kill an underhook that George can get anyway, and I'm going to go for a cross-face as well. We'll grip on the shoulder. So now that George got the underhook, I can kick back with pressure against it. And when he tries to bump me forward, I can turn it anyway and consolidate the pass. Okay, I'm going to go for a cross-face. I'm going to go for a cross-face. I'm going to go for a cross-face.