

Metadata: <https://www.youtube.com/watch?v=l5hI8X6CO08>

This technique, we're going to set up an omoplata from the spider guard. So guys, omoplata is an amazing technique in jiu-jitsu because not only is it a submission, but you can also sweep from it. It's a very strong sweep. I love to attack omoplatas just because, again, they work well for no matter what the person is that you're fighting, right? So a lot of times we're going to talk a little bit about triangles and one of the techniques here. Triangles are good for somebody that's your size or somebody that's smaller than you, but when you get into somebody that's substantially bigger, a lot of times they're able to use their weight to smash you and it's going to make it difficult to finish. But omoplata is the perfect technique for when somebody is much larger than you because you keep their weight off of you the whole time and you don't get smashed. So I'm just going to show the setup today of how to get into the omoplata position. We're not going to go over the details to finish the omoplata or to sweep from the omoplata. We're just going to get into that position, get the good control, and then we'll have another video that talks about some of the finishes that you can do with that omoplata. So we're going to start here. We're going to work this omoplata again with my partners on their knees. We're again starting here on the short spider. So if you need to know how to get from a closed guard to this open guard position, go back and reference the first part of the instructional and we're going to get here to this position, right? So this is always my spider position. I have a good control here. I'm able to use the control switching back and forth, tipping him and getting him off balance. But remember, I want to always have him really stretched and my hip is kind of outside of him, right? So my hip is right here on the outside of his body and here's where I have my omoplata. So this spider is keeping him very far away. My bent leg is going to come underneath and I'm going to kick it through. At the same time, I'm going to pull his sleeve and I'm going to put it here in my pocket. Right away, I'm going to come here and I'm going to pinch my knee on the back of his shoulder, okay? Already have a lot of good control here. Should be really difficult for your partner to start to move to re-square up to you, okay? Knee is pinching on the shoulder. So once I'm in this position, the leg that's on the back, I'm going to bring it across the head and once it's across the head, I can let go of this spider grip here. I'm going to let go of the grip. I'm going to start stretching my body, bringing my legs out and now I'm going to fix my grip. So I'm going to feed to the hand and I'm going to control in the pants. Here's where I have a lot of control and a lot of attacks. I can kick and sit up and finish the submission or depending on what he does, I can follow him for a sweep. So we're just going to get into this position here. Guys, when you're moving from that first spider position to here, the way I like to think about it, just so you can mechanically get yourself to the correct position, is we're backwards opposites. So my head is next to his feet, my feet are next to his head and my back is very flat on the mat right now. So I don't want to be one side or one side like this. I want to be nice and flat and the leg that's closest to his body, I want to constantly have it kind of kicking forward with a lot of pressure on the shoulder here. So starting here with my short spider, I'm going to step, I'm going to stretch him to get him way off base and now I'm going to take the top part of my spider, I'm going to kick the leg through, same time I'm going to pull this arm into the pocket. So I kick, pull, pinch on the shoulder right away. Already I have a very strong positional control. Now the leg is going to come around the head and once I have it around the head, I can let go of the spider. So I let go of the spider, I start to stretch my body, bring my legs out, feed the hand, grab the hands. So I'm able to control well here. you