

Metadata: <https://www.youtube.com/watch?v=F4aSM8beVHo>

okay guys so in this situation here we're gonna do the overhead reverse the butterfly and i'm putting this move in here just so you guys see like every corner versus every position but if you if you watch the instructional you're gonna notice that you're already done this move so we're gonna go quick here just as a review but this one is the one that you're gonna use the birdie okay and i'm gonna go a little deeper here because i'm gonna explain once again what should you do to avoid the birdie if you were passing the butterfly guard but this is a perfect time to use the birdie so for example i'm playing the butterfly guard over here against my opponent right and he's gonna try to go to the overrunner anytime he tries to go to the overrunner facing me is a perfect time to do the birdie so i control behind his triceps i pull him in i bury his head on the ground i come up i grab the belt i grab the leg and i just invert the position okay so what should thai do to stop this thai has two options over here one is to go a little bit in the diagonal without me even realizing that he can and now he's gonna dive here without giving me a chance to do that that's one option another option thai can control my pants with this hand and use his forehead almost like a versus my chest to knock me down before i go for the birdie and notice that he's also already a little bit in the diagonal so he's gonna control here he's gonna knock me down his head and then he gets the overrunner okay but guys we talked a lot about this in this instruction it's a chess game right so what i'm gonna do guys anytime i notice that thai is going to the diagonal i'm gonna follow him and i'm gonna follow him and i'm gonna follow him i always want him facing me so he goes to the diagonal i follow him i follow him i follow him and then when he tries to go to the overrunner boom i bury him and i come up and i get my position okay so that's if you were the over under player if you are the butterfly player versus the over under you should get good at burning people because it's just like a great option from there and the over under is such like a fast approach and in the butterfly many times you don't have grips so if he goes to the diagonal he goes fast he made it he got it so that's why you should always try to avoid him being on the diagonal and as soon as he tries to approach you go for the bury and you get on top so very good option and make sure to check it out