

Metadata: <https://www.youtube.com/watch?v=aRHqluhfAC0>

Alright, so this next sweep is going to be off of a Americana grip. We're going to use this Americana grip to cause an off-balancing. Sometimes you'll see this done in side control and Americana from the bottom to get the person to go away. This is just a way that I've realized happens all the time when the person tries to frame and do an elbow pummel to regain their underhook. You have the opportunity to get this, and especially when you're in half guard, since you have control of that leg, when the person is pummeling right there, they have no base to that side. So if I'm in half guard here, let's say, and we got connected and I have a deep underhook. So I'm in this underhook battle with Alex, but he's close to me. He's not wizarding because he's close to me here. And then he's going to try to frame, turn this way, he's going to try to bend his arm and frame in front of my face. So he's framing right here. To eventually, what he wants to do is make a little bit more space so that his elbow can come inside, and then now he can elbow pummel and get that underhook back. Watch again. So I have this high underhook, Alex starts framing, gets that elbow inside. So this will happen a lot when you do a shoulder crunch. Like if I come here, wait, keep that wizard. So he has a wizard, I started sitting up, I go to a shoulder crunch, he'll start to frame right here. Because his wizard, get a wizard, with the shoulder crunch is going to be very ineffective. Try to keep that wizard strong. If I push against his collarbone and elbow high right here, his wizard is eventually going to pop out, it'll get overpowered. So he's never going to keep it for that long. As soon as I feel him start to do that, notice how my hands are here. This hand is going to scoop under and be like this. This other hand is already in place, I just have to lift and grab my own wrist. Now like I said, all his body parts are on this side. I can start to hit this Americana to get the sweep all the way over and start to get my underhook back. So I get a deep underhook and I start reaching high wizard. He wizards first, right? So this will always happen when you get a shoulder crunch or this S grip to break them down. If you're elbow high, the person's going to come in and frame, right? Frame, get your elbow in. If you wait too long, he's going to get his elbow in. Okay, so when I start feeling him about to frame, look where my hand's going to be, ready. So I can catch this Americana. Now yes, I can use this to pull it over and get gift wraps into sweeps and back takes, but you can also quickly use the Americana submission to flip him over from there. Okay? So if I'm here with Alex West and he gets an underhook, okay, I'm going to start trying to frame right here. When I frame, he collects my arm and grabs his wrist. From here, there's nothing I can do to reach to that side. Again, if I reach this arm, I'm going to be forced to accept the sweep, okay? Now something very important to notice is that you cannot sweep the person and keep going for the submission, okay? So if I'm here, Alex West has the underhook, I wizard, he reached high, got a shoulder clamp, get a shoulder clamp, boom, and he starts popping my wizard out. Now I climb over his face, he gets that Americana grip and sweeps me. He cannot keep going for the submission here, okay, because then I will take his back. He has to start to pummel that underhook, the most important thing from the half guard, okay? So once again, we're here, Alex gets the underhook, I wizard, he gets a shoulder clamp, boom, he pumps out my wizard, I get in front of his face, straight to the underhooks. That grip will come into play more than you think. When you're trying to combine half guards and use the different sweeps and submissions together, you'll see that happen a lot, that frame against your face, and you can use that Americana grip to get sweeps, to drag the arm across for gift wraps and stuff.