

Metadata: https://www.youtube.com/watch?v=mzCwg_Ega3A

Okay guys, so just to kind of break down what we just went over. We kind of went over a lot of different things of moving and we talked a little bit about geometry. So three shapes, round, square, triangular. That's what I mean it's gonna really show and try to help you with how to use your body and how to maintain form to move transition. So somebody who's really stiff, right, it's kind of hard. If I'm as stiff as well, I'm gonna be like a block and a blocks don't move quickly, they don't move fluidly. So in that scenario, the person's really stiff I want to be able to loosen up my body so that I can go and round myself around his body to get to the transition that I want to. Okay, so here we are and he's really stiff, he's like holding, right, he's not moving. So it goes back to that round thing. So I step to create some round movement. Now I'm stopped. If I keep moving my body round, round, round, round, round, we end up in the same position that we want and it was easy for me to move my body around. Okay, so rounder movements are to trap, control, get them to move a direction, circle over their legs to the other direction. So going side to side would be more round, like being really able, if he pushes one way I'm able to drop my weight, circle around him. If he's trying to hold me up top, drop my hips low to circle around him and move to directions I need to move to. Okay, then we have square. Like to be square would be opposite. He's moving a lot and I need to control him, I need to lock, right, so by locking his hips. So in that scenario, it'd be like we've gone over, boom, control, get to the hip. Now I'm trapping, stepping away, right, if he hooks, control, back step, all my weight's on top, my knees are down, I'm locking my body, he's not gonna move. Okay, from here then I would need to transition. As he starts to move quickly, I relax, I start to move my body. Now I start to become more round. Okay, so that's kind of, as we come back, it's combining shapes together to get to the direction you want, so you're always transitioning. So I feel with the concepts that I've been trying to share this, is that it's using round, square, triangular, right. If I want to be triangular, I want to be really quick, I want to cut right through his guard, so it works like there's a scenario where like he's playing guard, but I see an angle, I see that I can cut right through rather than going around, rather than coming on top and moving his legs, or being square, I can have an opportunity to shoot right through, so it'd be more like a knee cut. So I'm low, he extends his legs and boom, I'm already in. So I just cut all the way through, sliding through and controlling at his hips. Okay, so as we discussed this, combining them together to get to the direction I need to go to is really important. Okay, so let's say, okay we've been going over De La Riva, so let's just take a look at De La Riva. So he has De La Riva grip. So it goes back to that whole thing, like as we discuss it, he's already got his grip, so before I move, I need to be like a block, I need to make sure that all my body parts are stopped, my hips underneath me, I'm not putting my way forward, I'm not putting my way backwards, I'm very like straight up and down, very square. So now that's whenever we start to turn our body, move, trap, head goes, open, boom, back step, move. You become very fluid. When you become very fluid, you're very round, you don't stop the movement. But there are times where you need to stop, right, where you get to a position you need to trap. Okay, that would be like situation you're on like this, boom, he starts to bring that leg over, trap, back step, leg drag. From here, I need to stop the movement. I would go to a square, trap. Now I'd get my under grip to go to his back or transition. If I come to side control, now I'm square, I'm very controlled. Okay, now if he tried to escape and roll, right, and I'd step over, boom, that would be triangular because I cut right through it. I didn't go around, I didn't keep weight, I just cut right through to the finish. Okay, knees together, remember control the wrist, hip up, we finish in the arm bar. Okay, so really focusing on how our opponent is acting and how do we need to control that, it's kind of what we're talking about with geometry and moving fluid or being stagnant is more square like a block where you need to be on your knees and holding. To move quickly, we need to use our hips back and forth. So we can change our direction, change our direction, trap, move like we've gone over the stapling the legs, transferring your feet so that you can continue the motion. That's where the geometry comes in. So

that's something that as you see that and we talk about it and relate back to the techniques that we've gone over today, it's really based off the geometry and how you're able to go around, establish or go through. Okay, that's what we wanted to share with you in this portion.