

Metadata: [https://www.youtube.com/watch?v=1la9O\\_1Aq5o](https://www.youtube.com/watch?v=1la9O_1Aq5o)

All right guys, now after I talk a little bit about the concept of the pressure pass, I'm going to start showing you, breaking down a little bit of the system, how I like to get there, breaking that between techniques and drills. Let's start with one that I use a lot, so there is a lot of ways to get there, so a lot of options, I start from when I'm passing standing and a lot when I'm passing with my knees on the ground. So when I have this position and my opponent is playing kind of like that, why do I have to worry about first? So always, when I'm fighting, I always have to deal with what's making me uncomfortable first. So he has one hand here, a lot of times he has this hand on my leg, so it doesn't really matter and he's pulling me down, but this hand, I don't worry about it, why? Because he got my leg, okay, so I can't get away from him. This one is breaking my posture, but he can't really do anything with his hand, so I don't really worry about breaking the grip, because the grip is here, but it's not dangerous for me, so I don't worry about that. What's really making me uncomfortable is his feet, right? So what I need to think, what he's looking for right now, he has the De La Riva hook and he has the foot on my leg, right? Why? Because even if he goes to very low or anything, he's got to push my leg, he's got to put pressure and you see what happens. So always, always when I'm fighting, when I'm training, I always need to be one step ahead of my opponent, that's how I like to think. Now in this situation, I'm not one step ahead, I'm behind, why? Because now I'm not trying to pass his guard, I'm defending his attack, so that's a whole different thing, right? And look, what he wants when he does that situation, when he pushes my leg, he wants to create an angle to get my side, because from here he can go to my belt, he can make me out of balance, so I'm not facing him. So look, how am I going to pass his guard if I'm not facing him? It's different, any kind of pass, when I'm passing his guard, I always need to be facing my opponent, right? It doesn't matter what kind of pass you're doing. You always need to be like the legs of the clock, your head and legs away, right? So when the opponent starts doing this, he's going to push me away. So you see, now my fight is going to be to reposition and then fight to pass again. Now I'm back in the game, right? So that's why I always need to deal with what's making me uncomfortable first. So first, the De La Riva, right? Because when he has the De La Riva, he's going to put pressure on me, and that's how he's going to make me out of balance, plus he has the legs, so then he's going to take my hip down and start working. So first, I always need to deal with the De La Riva. So what I like to do here, always my knee out, don't let him get inside of my leg, so make sure your knee is out, and I like to put my heel on the mat and straighten my leg. So even if you keep like really tight here, look, when I push down, I take that hook out. So here, there is no pressure anymore. If the guy has a strong foot here, and a lot of times you can't take it out, I like to use my free hand just to push, and now it doesn't really matter, but the guy can't put back, right? So now, he has the other foot here, so I need to deal with that. If I just push down, it's not going to happen, why? Because he's going to use my own strength against me, right? So look, it's going to be hard. So I just do like a back step, and now you see, the leg doesn't matter how strong he is, he can't hold it, so it's going to be really easy to push down and step over, right? When I get this situation here, right away I like to switch to the lapel, and the other hand I was controlling the shin, I control the knee, right? When I get this situation, I just put my hip down a little bit, because if I stay too high, he can bring the foot back, and put back on the hip, you don't want that, right? So that's why you just push down a little bit, right? He has the control of my leg, so what I like to do in this situation? I push the leg, right, and pass over my elbow. So when I get this situation here, he can't bring the leg back, and now the other hand, I bring his hip up, right, and then I step aside. Why I bring the hip up? Because if I don't control the hip, he's going to put his foot on the mat, and escape the hip, and now he replaces the same situation. So that's why, I pass the elbow, bring the hip to me, even if he step on the mat, try to do the same thing, he can't. So now, aim your knee on the mat, and just open the other leg like a circle, until you get this position, right? Doesn't really matter if the guy has the grip, because he's going to

be uncomfortable, so he's going to let go. If he doesn't, you just sprawl, and break the grip, right? So look, after I get this situation here, what I'm going to do, remember, like I said, you always need to find the right spot. So it's going to be between his hip and his knee, and you have to feel the hip bone, right here on this side of your hip, right here on this spot, on the right spot, that's going to be in the middle of the leg, right? So look, imagine that you have the push-up position, and you don't turn your hip, just like a little bit, right? One hand, you're going to bring the lapel, the other hand, you're going to control four fingers behind his neck, right? So look, the secret here is what? Try to put all your weight in one spot. If you put weight on your knee, it's going to be bad, why? Because then you're splitting between your knee and your hip, that's not good. So always imagine that you don't have, oh look, my left leg is free, I don't put weight on my knee, so I make sure that my hip is heavy, right? Now look, bring to me, the other one behind, and can you see his position here? Naturally, he's going to turn, because then it's going to be comfortable for him. For him, but not for me, so that's why when I have this situation here, I always try to fit my shoulder right on his armpit, and then push back, right? So I'm doing like stretching him, pushing the leg down, and pushing the shoulder down. So then it's going to be really uncomfortable for my opponent, right? And always, always, when I'm doing anything, I always try to make my opponent more uncomfortable possible, because if he's worried about something, like that's going to make him uncomfortable, he's not going to be worried, thinking about getting a submission or getting a sweep against me, right? So that's why, bring to me, the other one, make sure that I place his back on the mat, and now, look, always try to push his calf, and stab, look, one, two, one, two, one, two, one, two. You see, I'm making him like a letter C, so it's going to be really uncomfortable. Now I use my other leg, instead of just hiding the hook, I like to hide my knee. Why? Because if you hide the hook, a lot of times the guy can use his hook as well. So then he can give you a, not a hard time, but can stop you for a little bit. So when I like this situation, I never use hooks, I always use knees. Because when I hide the knee, if your opponent tries to use the hook, he can't, there is no space. Now look, keep your elbow really close to your body, and now, don't jump to the side control. The secret is keep your hip heavy, right? Look, imagine, I feel like I am pulling his hip with my hand. But actually, I'm using just my hips, look. See how I have the whole control? And now my elbow passes over his hip, and then, I get the side control. When I pass here, look, I have like the wrong side of the underhook, but anything that he do here, he's going to try to underhook or something, he's going to give me space, and I'm going to get his underhook, and finish on the side control, with a good possibility to get like a knee on the belly, a more position, and my favorite position to finish with the arm bar. So, I'm going to show one more time. My opponent start to play, kill the leg, the de la riva, pass over, switch grips, lapel and knee, get on the position, break the grip. After you get here, I get on the position, I set up first, then one, two, pushing the calf, hide my knee, don't jump to the side control, no rush. He's in the bad spot, not you. So, keep the head, elbow in, elbow in, pass, see when I pass, I keep opening my elbow already because if he try to face me, he always need to tuck his elbow in to do the hip escape. That's why when I pass, I open, if he try to face me, he can't, and will be really easy for me to underhook, and keep moving forward, right?