

Metadata: [https://www.youtube.com/watch?v=lgj\\_u2dt3l0](https://www.youtube.com/watch?v=lgj_u2dt3l0)

All right, so before I show the next sequence of the triangle, it's very important to understand that every time that I've tried to do something against my opponent, my opponent's gonna react against it. So one of the most, the best setups that I use to attract the triangle, to set up my triangle is always do something that he will defend before. So usually some of the sweeps that I use I position myself in a way that I give him a little bit of the defense. So I can push for the sweep, so he says no against the sweep. As I said before, fight is like an argument, he never gonna agree with you. So the catch is how can I make my setups that, so he don't agree what I want now, but at the same time open himself to my next stage. That's kind of one of the most important drills that I use for triangles and set up of action reactions is with the flower sweep. I wanna show that first here, okay? This is the flower sweep, okay? Secure the wrist, pow, and shot, right? This is, notice that he uses his hand to defend, correct? If I hold his hand over here, okay, when I grab it, he will do it, then I want to defend. So this is a little bit of a catch that I do, okay? So I secure over here, and I already do it a shot. First you need to understand how to do the shot of the flower sweep. So first thing, foot to the floor, pull him to me as I go with my hand over there, now I shot him that way. And as I shot, I don't let it go, so he comes back. See that? He can't come back, I go here, and I stay over there. As I stay, I let it go without, and catch him back, and secure. And again, nowadays, in the old times, I used to pull this wrist, or this collar, sorry, the lapel toes here, and then I couldn't. Now, what I do, I just open up and secure, go straight to the point, so I don't waste time, all right? So one more time, one control. Sleeve, trousers, I'm on foot, get out, in. Get out! In. The most important thing for that sweep, for that triangle, is that I got to use the momentum, and the elastic, constant pressure, pushing forward, so he needs the foot, this hand on the floor, all right? Because if I just bounce him like that, he'll go, stop, like this, and come back in. See that? Hit! So I have to be here, and stay, as I let it go. So I keep constant pushing, so as a bridge, I kind of lean on his back. So one more time, secure the collar with grip. You see, that's the grip, right over here. All right? Sometimes the grip's not there, okay? Don't have the grip, so I do like, pull him. Grab, let it go. So now I have a good pocket grip, secure. He doesn't know if I'm going to throw him that way or not, so I go this way, and I go, get out! Hey, boom! If this happens, happy days. I'm already on it, okay? This is one of my favorites, so I'm going to do this side here. Control, get out, lock in, secure. In a very good triangle, very good setup, is the surprise mode, and we can get a reaction against what I did first, to set up my triangle for the next stage.