

Metadata: <https://www.youtube.com/watch?v=6XVlyOE5kzk>

Alright guys, now so we're gonna use the butterfly guard a little bit of half butterfly to get in a full butterfly maybe go for an arm lock and Eventually get to the back. So Off of this half butterfly This is kind of a difficult sweep to hit but you get all the perfect reactions You need off of going for the sweep It's difficult because his base is wide and I don't have control of one of his legs So he can step it or flare his knee out, right? So I have my arm hidden right here Okay, notice how every time back up Alex comes to half guard I never do this because then this arm is stuck on the outside Okay, and I'm gonna do this and he's gonna catch me. Okay, so every time he comes in the half guard back up Every time he comes in a half guard my arms hidden right here. This other arms framing on his thigh or his hip Okay, now I'm gonna get this shoulder clamp, okay and the butterfly hook Once I get the butterfly hook in place, you see how I need a little hip escape Some of you might need a big hip escape Two hip escapes get the hook and bring your hips back under. Okay. Now when I go for this sweep turn this way When I go for this sweep He's not gonna fall. Okay fall down like a white ball This is like what you're gonna do if you don't know what you're doing, right? If the person's actually trying to resist they're gonna hop on their knee Like this out to open their base so they don't fall or eventually start hopping on his foot Once I get a little more elevation Okay, either way as soon as I get two hops and I get the space to take my knee out I'm gonna bring this knee up and drop him down into my butterfly guard Okay, now if I want to take the back as soon as I get here I'm gonna start to stretch him back. Bring your knees towards me. I don't want his knees tight here So look if I push on his hips, nothing will happen So if I go low with my shins both of my shins go down towards his knees I'll start to stretch him back. So I'll stretch him as far as I can and then I'm gonna take this foot out Okay, and keep the other foot in butterfly guard and start to hip escape my way back into half guard but on this side as I hip escape. I'm gonna start to go for the arm bar right away And he'll take his arm out And I'll get the back Okay So the whole sequence would be he's here tight. I get that shoulder clamp half butterfly Flare him out. He hops on his knee. I stretch him, hip escape. Go for the arm bar Start to pull myself up To the back Once again This side I'm going notice how I'm going for that arm bar loose, right? I'm leaving a lot of space here with my head Normally if I wanted to get the submission I would keep my head super tight here close to my elbow and slowly slide it down To get the sub, but I'm giving space so I can anticipate Him to windshield wiper and get this arm drag grip. Once I get this arm drag grip I'm gonna pull his arm and start to climb up and jump on his back So many cool submissions off of that too, so one time on this side Hip escape, butterfly hook, clamp Sweet