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Now, let's look at one of the absolute most effective guards in modern jiu-jitsu, the reverse De La Riva. As you probably guessed from the name, if a De La Riva hook is where the outside leg comes in, the reverse De La Riva is where the inside leg comes in. So this is an example of inside control. Your opponent has a bunch of options with regards to the second leg, but many of your opponents like to put it here on the foot, so we'll start in that general position. Very often from here, your opponent will have various kinds of lapel grips, et cetera, et cetera. As always, your first duty is to free your head, okay? So whenever someone's controlling us here, we're always looking to pop the grip off in the direction that our opponent's thumb would point. Don't try to go down. You'll never break the grip in that direction. If your opponent was extending his thumb, that's the direction of the break. Bang, every time, okay? Now from this position, our duty here is to get the inside position inside our training partner's knee. Your opponent, when he exercises the reverse De La Riva hook that's most effective, will have shoelace connection to your outer thigh. So his leg goes on from the inside and hooks onto the outside of your thigh with the shoelaces. The more strength of the shoelace connection, the more dangerous my opponent is to me. Look how easily Matthias can extend his leg and break my balance forward and force my hands to the mat. Nothing good comes out of this for me. Lots of good things come out of it for him, but not me. So whenever we have this kind of thing, our first gambit is to remove that shoelace connection. And as you've probably guessed by now, the way we do this is by using inside position. So I'm going to take my hand inside my training partner's leg, right below the knee, okay? You can use pant grips or we can use open hands. From this situation, look how I extend my leg and push the knee down. And as a result, the shoelace comes out. It's probably not going to go down to the floor, that's probably not realistic, but all I need to do is pop the shoelace out. Now from this position, I take my elbow and clear the second foot out, and as a result, we end up in our favorite passing position, the split squat. And from here, we're ready to play. Notice that when my opponent has his foot down here, there's no shoelace connection, he's so much less effective. When the shoelace connection is in, any extension of that leg on the spot will immediately start putting my hands down to the floor. So our whole thing here always is to extend and remove the leg. Then we have inside elbow position, inside knee position, and we're looking good, ready to pass. So once again, from a situation where my opponent comes in and works with a reverse De La Riva hook. From this position, I take my hand to the inside, I extend my leg and remove the hook. Then from here, I reposition my body, and we lock up in a fine passing position. Now, you've heard me say so many times, get that inside position, get the hand inside the De La Riva hook. What if I can't use my hand? What if the grip is very, very robust, and for whatever reason, the hand is not going to get inside the knee? Well, it doesn't have to be a hand in the inside position, it can be almost anything in the inside position, including your second knee. Something has to be inside. So this time, I'm going to take my hand and I'm going to break my training partner's grip, I'm going to put my hand out on the floor, and we're going to move away from our training partner's De La Riva hook, just like so. Now instead of using my hand in the inside position, I'm going to use my knee. I put my second knee in, and as a result, we're able to palm the throne and steal the inside position with a knee instead of a hand. Now you have a different, but still very effective passing position to work from. So once again, my opponent has a reverse De La Riva hook, in like so. We go in to break our training partner's grips, we put our hand on the floor, strong grip buddy. From here, I put my knee down on the man, and I use the stability of this position to stiff arm inside his arm, and then I bring my knee inside, and as a result, we remove our training partner's foot, we find ourselves now in a very good position to go into our guard passes. So don't forget, it always has to be a hand. Something has to be in the inside position, but it could be a hand, could be a knee, either one is going to be effective at removing that reverse De La Riva hook and getting you into a good passing position. Go to Beadaholique.com for

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