

Metadata: <https://www.youtube.com/watch?v=NldKYvOSv2U>

okay guys let's work a variation from the Sao Paulo pass when the guy don't allow me to get the underhooks okay so when the guy know that you really like to do Sao Paulo pass he's gonna keep his elbow tight don't allow me to get any underhook and he's gonna keeping his hand on my chest don't you don't let me close the distance maybe foot on the hip to go for triangle or some submission okay so I'm gonna change my strategy I can't get my chest close but basically I'm gonna be doing the same thing this hand go in the cross collar and my elbow is gonna be tight on his ribs okay now I want to control the hip and go with my knee right in the middle of his butt but when I go with my knee in the middle of his butt I must open my foot to the side watch my foot to the side the leg up why my foot to the side if my foot is not to the side I close over here just bump your hip to the other side oh you might lose your balance in the process so control foot to the side leg up I'm not trying to open I'm trying to frustrate the guy the guy's gonna try arm bar I'm pushing the hip down I change my grip to the leg if he open to try to pass the leg over I pin his leg down he's gonna try to pass the leg over I slide my knee to the side now here's the thing you've seen all this gap you feel man I get an easy pass over there but I'm not only about passing fast I want to pass and be efficient with my finishing so I want to make the guy turn to the other side not to this side if you pass straight to the side he turn go single leg turtle I'm gonna give the guy a bunch of things so this little detail that I do the cross face most people like to use the palm up to pass I like to do the palm down because I can use more weight with this grip palm up is great for chokes palm down is great for pressure I post my hand to avoid any bump so I'm gonna defend his sweeps now watch I open my elbow I put the neck crank over there on the guy now cut I pass I control the elbow I want to look move my hip back to move his leg to the other way and avoiding his guard we compose so you know go back control the head get the under hook and finish my pass let's go over again and then the guy's gonna ask Leo you cross your arm you crazy you gave your back no because this is different doing this and close my elbow off doing this arm straight grab my back grab my back totally watch yes go to my back go he can't my pressure is on his ribs and keep his upper body pin on the ground so this close hip base one two get over here now most of the time 90 90% the guy's gonna try on bar pin the leg down now I can't let the guy look climb this leg up because it's when they're gonna attack once this leg is down is no on bar slide post neck crank wanna pass you're not done don't let go this grip and try to go to the side because he's gonna take her back control the elbow now look his back he wanna escape escape his hips gonna move to the other way now he's facing the other way I can't let go this move to the head close my elbow get the under hook and finish my pass